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1906

Myra's Journal

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FASHION NOTES FOR THE MONTH

THE tendency of the moment is for plainness in tailor gowns. Skirts and coats are exquisitely cut and fitted, but they are very little trimmed, except for rows of stitching. Plain materials (cloth) or striped and plaided tweeds are being largely used, the absence of all decoration being compensated by the skill with which stripes and plaided squares are made to meet. The skirts are quite plain as to cut, shaped with widely lapped seams, each gore cut so as to flow and form elegant folds from the knee (or a little above). Coats are short in the basque or reach the knees, these last having added basques (with lapped seams) at the sides, the fronts at least being cut full length. The sleeve is a well cut "coat" sleeve, with a moderate fulness at the shoulder.

Some of the autumn tweeds are built with "kilted" skirts. These are chiefly prepared for Highland shooting parties, and they are, as a rule, genuine tartans, that is the stripes and colourings are the real tartans of husband or father's clan. For those who do not understand Highland tartan, we hasten to say that the colouring is not gaudy as many people, accustomed to the rich-hued full-dress tartans, hastily assume. For instance, the Royal Stuart is a very brilliant tartan; but the Stuart clan only use it for full-dress purposes. The "hunting" Stuart is a modest green plaid. Chiefs, their families and their retainers, would never use the full-dress plaid for every day or sport purposes. The kilted skirts for ladies are not so closely pleated as a man's kilt. Where the figure does not encourage a complete kilted skirt, Highland ladies are having the kilts set into a hip yoke. Their skirts are also cut on the cross, the stripes forming beautiful designs, but a Highlander's kilt is always quite straight—not diagonal—as to the direction of the stripes. With skirts of wide-stripe tartan the coat is usually of plain cloth of the prevailing shade. For shooting purposes Highland ladies have theirs fashioned very often in the style of the smart Highland coat with its tabs and buttons.

The Highland coat, of course, is impossible for town wear, but the kilted plaid skirt and short coat of plain cloth is being turned out by several smart London tailors. Still, the striped tweeds (coat and skirt to match) come an easy first with smart tailors and their *clientèle*.

A great deal of moiré is to be used this winter for visiting and evening gowns, especially for the perennial favourite—the trained princess gown. In white and pale shades it makes exquisite dinner gowns for good figures, and even for poor figures it is less unbecoming than plain silk or satin which are both apt to show up the lack or the over-exuberance of natural curves. Brown moiré—a pale *tabac* brown—will be a great favourite throughout the autumn.

For the present there is a tendency to use firmer materials for evening styles, and to put aside the very soft clinging fabrics. This is owing to the fact that the *couturiers* of the rue de la Paix are trying to bring back the old fitted "court bodice," with its carefully cut side pieces, and its perfectly boned seams. Amongst the younger members of English society the tendency will be strenuously fought, as the average tall, slim, English girl does not look her best in a fitted "court" evening bodice which requires a nicely developed figure.

Widely striped silks look well as evening gowns, with plain skirt and fitted bodice of coat type. It is indeed the prevalence of stripes which are inducing tailors and dressmakers of note to drop fluffiness and multitudinous decoration for the simple lines which show up their skilful manipulation, and the *pékin* is the fabric used. The change is a relief, as one was getting very tired of cross-cut frills and graduated tucks on diaphanous evening gowns. Shaped flounces are replacing cross-cut frills.

Tea gowns, on the other hand, are still built of very soft clinging materials, beautifully draped. For these that most beautiful of soft fabrics—double-width crêpe de chine—remains first favourite.

For the present, tea and evening gowns are fashioned chiefly from the country-house point of view, and they are of a peculiarly picturesque variety. The "picture" dinner gown is the correct thing, and this is not often far removed from tea-gown styles. Of course, for real balls—in private houses or "county" balls, the genuine ball dress of the moment—the elegantly cut skirt and "court" bodice of rich silk, striped taffetas or satin is the correct thing. Berthes are far less voluminous, and the sleeves are small of rich gowns, a contrast to the deep berthes and art sleeves of the "picture" gown.

The "court" bodice is cut in decidedly Victorian lines, with rather long shoulder, and this tendency has kept alive the fashion of scarves and deep-shouldered stoles. The scarves are of old lace, the stoles—reaching the feet—are a beautiful mixture of old lace and fur; works of art to which the best furriers have been giving great attention this year. Some of the handsomest are made of sable and lace, or ermine and lace, in alternate rows, and fur panels and lace insertions. The shape is smart and sensible, very deep on the shoulders, the front ends diminishing gracefully in width at the waist and broadening for the ends at the knee.

The taffetas hat is a feature. All sorts of shapes are covered with taffetas which can match or contrast with the costume. A taffetas hat looks very well with a velvet visiting costume.

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FOR THE FAVOURITE.

RINGING cheers went up from every part of the crowded hall. There was no doubt of Philip Ducane's popularity in the town, nor no doubt that he would be elected by an overwhelming majority. His mother, sitting behind him on the platform, was mentally writing his name with pride, "Philip Ducane, M.P." Before the end of his speech, received with such enthusiasm, she was picturing how "Sir Philip Ducane" would look. Of course, it was merely a matter of time between Philip and knighthood, she was saying to herself. Her mother's heart swelled, she could have cried aloud in her joy, "This is my son, the son I bore and reared! Is there another mother in this meeting so happy and proud as I!"

The radiance of her thought was reflected on her face. The meeting was over. Philip turned round to give his mother his arm.

"You liked my speech, mother?" he said. "It was all right?"

"Oh! I am proud of you, Philip!" she whispered. Many eyes turned to watch them as they moved down the broad corridor and out on to the Town Hall steps.

Mrs. Ducane had another son, Harold, but his personality was such a marked contrast to that of his good-humoured, ambitious, and popular brother it seemed no more than a foil to all Philip's good points. Harold was a dreamer, a recluse, a man very little understood, even by his mother, and a man lonely in consequence, turning with passionate love and fervour to the study of wonderful ideals, ideals that in the rare moments he spoke of them were called impracticable, and therefore useless, by Philip and his mother.

Mrs. Ducane would have said she loved both her boys, but whereas her eye lit up with interest and love when Philip came in, she would grow silent and uneasy when long in the company of her dark-eyed younger son, whose delicate face would glow at the sight of some beautiful thing, or pale at hearing of some "man's inhumanity to man" that was merely a thrilling item of news to more prosaic folk.

There were already two occupants in the waiting carriage, one Harold, and the other as pretty a picture of fresh girlhood as any beauty-loving artist could conjure. A sweet, gentle face, full of the sympathy born of a naturally pure mind, looked out with a smile from beneath a broad-brimmed hat.

"Here I am, after all," she said to Mrs. Ducane; "I would dearly have liked to have been in time for the meeting had it been possible. Dad's visitors went earlier than I thought they would, and then Harold drove up just in time to bring me here. It was very thoughtful of him."

"Yes," Mrs. Ducane answered, "he is certainly thoughtful over little things." Then she sighed, "I wish he would rouse himself, though, and take an interest in big things. Just look at Philip!"

The carriage was now bowling smoothly along the High Street of the county town. Groups of people here and there recognised the party, and Philip chatted with his brother in the intervals between bowing and smiling to possible votes. Keen and clever, he had early learnt the value of points seemingly unimportant, and his indomitable will would carry him far along the road his ambitions had mapped out. But under the gay manner and pleasant wit that people liked there was a hardness, a selfishness that made the man consider everything and everybody in the light of the lamp he carried in his search for means of "getting on." His eye rested in pleased admiration on the girl facing him. Madeline Chester was rich, young, prety, and good company now, and she would develop. In the days to come she would make an ideal Society leader, her undoubted tact and savoir vivre would be tremendous assets in the struggle onwards.

A little ahead of them was a motor-car plentifully decorated with election posters. The election spirit seemed to guide its noisy, aggressive course, and give a more blatant touch to the note of the horn. The horses were restive, and Harold's sensitive brain grasped the possibility of an accident before the thought occurred to anyone else.

"Stop!" he cried, and the coachman vainly tried to obey. The rest seemed to happen in a flash of time. Harold had sprung out and grasped the horses' heads, the car triumphantly bore down to the spot, Philip had helped the ladies to alight and put them out of danger. Ready hands were aiding Harold into the car, and one of the horses—which had stumbled in its mad

MADELINE PLUCKED ONE BUD . . . "FOR *YOU*," WAS ALL SHE SAID.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure."—Mrs. M., Carmarthen.

plunge, and had dealt the hideous blow with its hoof—was helped to its feet. And then followed quiet days, full of sorrow and suspense. Harold's prompt action had undoubtedly prevented more disaster, but the medical verdict was that he had sustained injuries likely to be fatal to a man of his constitution and disposition. In those dreadful hours the mother forgot elections, only remembered that this, too, was her son, the boy whose life had been full of quiet loving service for her. She remembered many things then, things that had happened in the days when she had been younger, and her sons were both schoolboys. That was a long time ago, so maybe she would be forgiven for forgetting Harold's silent devotion to her when the father had been taken from her side by death.

So she watched and prayed and remembered in the peace of the sick room. She heard the delirious talk which yet held meaning, and she learnt her boy's secret. He loved Madeline, the girl she dreamed of for Philip, and who, she knew, was waiting for Philip to speak. And in good time, when Philip's position was such that Mr. Chester would acquiesce in his heiress-daughter's choice, the important words which would change the understanding into a definite and open engagement would be spoken.

The mother sighed. Before she had contrasted her two sons lives, with blame for this one in the shadow; but now as she compared them she pitied and loved the quiet figure on the bed, whose light was soon to be put out. Then the thought occurred to her, which then seemed most happy, but which was destined to be the commencement of an undreamt-of complication. She went to Madeline, and taking both the girl's hands in hers looked down into her eyes as though she would compel the thoughts of her heart.

"Child," she said, "a strange thing has happened. You have gained the love of *both* my sons. Ah! I know so well which you would have chosen; but what of this other? He loves you—my God, how he loves you!—and he is dying. Do you know what my woman's heart wishes to say to yours? Can you, dear, brighten the last hours of this son, whose life is ebbing away because there is so little to stay it?"

The colour flooded the girl's face from chin to brow. There was a tense silence. Then tears came to the soft eyes.

"Take me to him," she whispered, and soon was standing by the bed, stroking his thin hand, uttering tender, sweet words of love.

He opened his eyes, and saw her there in all the glory of beautiful youth, when pulses beat high with life.

"It cannot matter now," he said, "what I say. Had I lived I should have kept it secret. I have always loved you, dear, and worshipped you. When I am gone, you will spare a thought for me—you and Philip?"

She bent over him and smoothed his forehead, but could not speak.

"For the favourite," he whispered, with a touch of bitterness; "love is for the favourite."

Her face illumined. "Yes," she said, then, "for the favourite," and kissed him on the lips. "I love *you*."

But her effort seemed wasted, he was incredulous.

"You are kind," he said; "so kind. Is it because I am going soon?"

"No!" she said vehemently, "no! You are going to live—going to live. Harold I love you, dear, and you love me. You *shall* live!"

Could this be acting!

"You love *me?*" he queried, in slow wonder.

"Yes," she said simply. "I have always loved you. You did not guess."

He believed her. His eyes lit up; life coursed through his veins; hope and joy and love gave him vigour. He fought Death's outstretched hand, and won. The doctors viewed the change with wonder, but gave better reports. And so, slowly but surely, Harold came back to himself—for the sake of the girl he loved.

Philip looked on. His life was becoming very busy, very full of added responsibilities. Madeline spent much time with Harold and his mother, and Phil, in his comings and goings, grew more anxious for the time he might speak to the girl the more he saw of her. It was time things were settled; time he married and had a wife to preside over the social side of his life. Watching the girl's face, he dimly felt some change, felt some uneasiness because of the added charm to her personality, the soft, indefinite grace of expression that rested now on her lovely face. Philip at last spoke to his mother.

"When do you think Harold will be able to dispense with Madeline's services?" he said, somewhat sarcastically. "And when are you two women going to lead him out of the fool's paradise you have put him in?"

His mother looked uneasy.

"That idea of mine certainly saved Harold's life," she said, "so no doubt it was well I thought of it. But the situation now is unthinkable—simply unthinkable!"

"I am going to speak to Madeline tomorrow," Philip said with firmness.

His mother sighed and shrugged.

"Then the matter is out of my hands," she said.

Next day he visited The Firs. Mr. Chester was away; indeed, the wealthy business man was seldom at home. Madeline was in the garden.

With little preliminary, Philip plunged into his errand.

"Dear," he said, "I have kept silence for so long you must answer me now. You have been so noble, so womanly, so kind. I love you more than ever. But your pretence must come to an end some time. We all know what you have done for my brother, and words cannot thank you, nor show our deep gratitude. Let me thank you with my service—when you are my wife."

Philip, always eloquent, poured out the words no effort of hers could restrain. Her mind had not travelled with the speech. She wanted to refute his first words.

"There is no pretence," she said with warmth. He shook his head incredulously, and laughed.

(*Continued on page* 8.)

Remarkable Work by a Eminent Specialist on the Permanent Cure of Obesi

The name of the great specialist, Mr. Cecil Russell, is as inseparably connected w the treatment of obesity as that of any ot eminent man with some other partic affliction which he has made his spe study. If any stout people desire to k what he has accomplished in this field medical research, let him (or her) procu copy of Mr. Russell's remarkable book, "C pulency and the Cure." This great work always be obtained by any bona-fide inqu who will send three penny stamps for pos to F. C. Russell, Woburn House, Store Str Bedford Square, London, W.C. With its pages of well-arranged facts, the book pres a mine of valuable information for men women who suffer from, or who are begin to dread the affliction of abnormal stoutn Many of these facts so ably set forth ar vital moment, as, for instance, when author deals with the danger attending accumulation of fat round the muscles of heart, the impaired action of which inv disaster. For this danger alone obesit always a grave menace to health, and m serious thought.

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FOR THE FAVOURITE.

(*Continued from page 7.*)

"Why, dear, you are being convinced by your own acting!"

Then he refused to hear her arguments, merrily closing his eyes to her seriousness.

"Let us leave it now," he said. "Show me your roses before I go."

She pressed her lips together, and fell in with the suggestion; but when he had gone she sat for a long time in a brown study—in thought going over the whole interview again. She wondered what Philip meant to do next. He was, as she rightly judged, a man of action, one not easily turned from his purpose, and one not daunted by any scrupulous consideration of other people's feelings. Life a flash it came to her. He would go to Harold; he would tell him of his mother's plan, and how she, Madeline, had in pity followed it out, and Harold, weak still and with little self-confidence, would believe it, and silently withdraw.

She gathered a handful of her roses and thrust them into her belt, and soon, in her girlish impetuousness, was running up the steps of the Ducanes's house, where she had of late come and gone so freely.

No 6355.—Tucked Embroidered Flannel Blouse.

For Description see this page.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Philip was with his brother, now convalescent. Her quick eyes read the situation; read why Harold's face was white and sorrowful, his brother's flushed with victory—an easy victory. For as Philip spoke many little things had come back to Harold's sensitive mind. He had always doubted the reality of this good luck, and now these fears were being fully realised. Philip, partly to conclude matters with Harold, partly because anything connected with Madeline had a charm, smiled and broke the awkward silence by saying, as he stretched out a hand:

"Spare one of those lovely roses."

She touched the blossoms with uncertain fingers.

"I can only spare one," she said at last; "only one."

Suddenly the little incident gained a strange significance, even Philip felt it. Both men looked at her, one in smiling expectancy, the other in a silence that hid a tumult of thoughts.

No. 6356.—Blouse of Silk and Cloth.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

He had dreamed of fame for her sake. She had praised the work of his brain, and induced him to send it up for exhibition. He had loved the beautiful, sweeping curves of his sculpture, and lately he had been proud of the power that lay in the once-dead marble, now an advocate that could plead eloquently to men's hearts and win praise. But at a swoop his brother's explanations had swept away all that had made the world dear.

Madeline plucked one bud with nervous fingers, but did not look up. Then she stepped swiftly past Philip, and, stooping, looked straight into her lover's eyes with a clear, steadfast look of truth that would brook no contradiction. She smiled and blushed as he took her flower eagerly.

"For *you*," was all she said.

THE VOICE OF KNOWLEDGE AND EXPERIENCE proclaims that HORLICK'S MALTED MILK is the best possible food for infants, and is the nearest approach to the provision of Nature herself. It is prepared from the purest milk, combined with the nutritive extracts of malted grains, partially pre-digested. Many medical men and nurses have testified to its beneficial results. Of all Chemists and stores, 1s. 6d. and 2s. 6d. per bottle. Free sample sent for two stamps, to cover postage, by Horlick's Food Company, 34, Farringdon Road, London, E.C.

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No. 6357.—Braided House Blouse.

For Description see Page 20.

Price of Paper Pattern, 6½d., post free of Madame Myra *10 and 11, Fetter Lane, E.C.*

All drapers keep the beautiful "Ososilkie" Yarn, but if any difficulty is found in getting it, if sixpence is sent to Messrs. Tubbs, Hiscock, and Co., nine small samples will be sent, besides the beautiful shade card (150 colours) to select from, and the name of the nearest retail agent.

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Fetter Lane, E.C.

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No. 6358 No. 6359 No. 6360

AFTERNOON TAILOR GOWNS FOR AUTUMN WEAR.

For Description see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *Skirt, Foundation Skirts, or Coats, each* 6½d., *post free, of* MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 6361 No. 6362 No. 6363

No. 6364 No. 6365

FIVE TYPICAL AUTUMN COATS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6366 No. 6367 No. 6368

No. 6369 No. 6370

SOME SMART BLOUSES FOR THE AUTUMN.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6371A

No. 6371B

No. 6372

Nos. 6373 and 6374

No. 6375

No. 6376

DESIGNS FOR AUTUMN OUTFITTING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Dressing Gowns, each 1s. 0½d.; *the other designs, each* 6½d., *post free of* Madame Myra, *10 and 11, Fetter Lane, London, E.C.*

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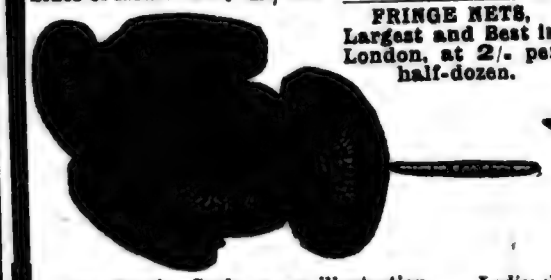

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No. 6377 No. 6378 No. 6379

GRACEFUL HOME-DINNER OR TEA GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Empire Gowns, each 2s. 0½d.; Coat or Skirt, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6380

No. 6381

A UTILITY PRINCESS GOWN OF LOUIS CHIFFON VEL DUVET AND A RENOVATED EVENING GOWN.

For Descriptions see Page 22.

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No. 6382 No. 6383 No. 6384

No. 6385 No. 6386 No. 6387

SMART DEMI TOILETTE BLOUSES AND BRIDGE COATS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d. post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

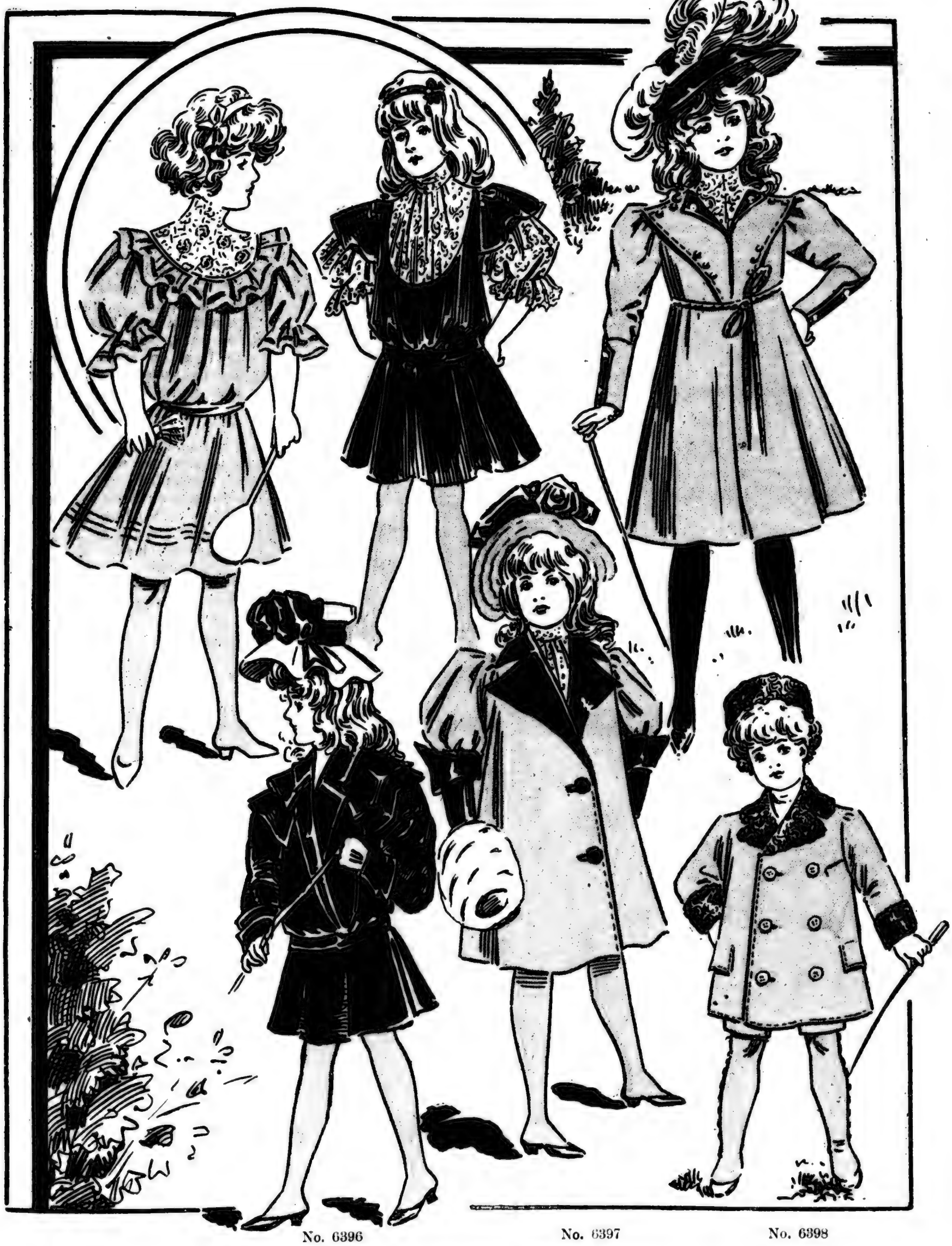
No. 6388 No. 6389 No. 6390

No. 6391 No. 639-

SMART AUTUMN MILLINERY.

For Descriptions see Pages 30 to 34.

No. 6393 No. 6394 No. 6395



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PRETTY AUTUMN COSTUMES FOR CHILDREN.

For Descriptions see Pages 30 to 34.

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Descriptions of the Free Patterns.

NEW YOKE SKIRT.

THIS is one of the newest autumn patterns, a three-gore skirt slightly gathered on cords into a fitted hip yoke, which is cut in one with the graceful front breadth. It is suitable for any of the new autumn woollen materials—plain, striped, or plaided. For charming fabrics of the sort, those who wish to dress smartly should send to Best's Dress Goods Co., Bradford, who will pay the cost of carriage both ways.

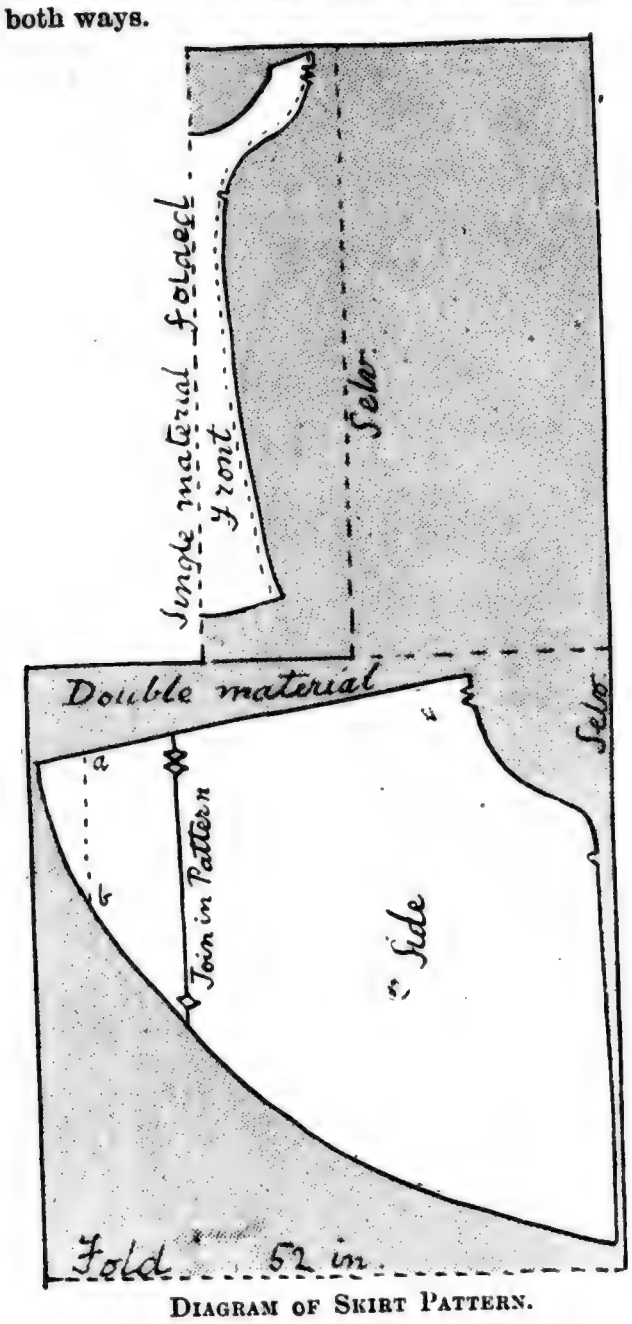

Diagram of Skirt Pattern.

The pattern is in two pieces: half the front (cut with hip yoke), one circular side. The diagram shows the pattern pieces laid on 5 yards of 52-inch tweed, which is doubled beneath the circular side so that it is cut in duplicate. The single material is folded over to take the front breadth, the front centre of front pattern laid along the fold so that it is cut in one piece, the other piece being cut in duplicate. 48-inch material would not be wide enough to take the whole of side breadth, so that added corners would have to be seamed on at *a b*. Seam on the added corners and press the seams. Tack together sides at back seam, making the opening in the back seam. Stitch and press the seam. Gather on cords (the sides must be left a little long to allow of this gathering), and mount according to the notches into the lined yoke and front breadth which lap over the gathered sides. Try on the skirt. Stitch the lapped seam of yoke and front. Stitch sarcenet over the opening edges, put on glove-stud skirt tapes, bind the top edge, and close with two hooks and eyes. Insert the pocket in the opening at back. Turn up the skirt hem after the fitting, and fell it invisibly in front. Put a false hem on the circular sides. The hem at sides can be stitched. Wear the skirt over a 5-gore foundation skirt of silk or moirette, edged with a cross cut flounce of the same.

The skirt cuts to some waste, but it allows material (with 1 yard more) for the charming little bolero coat, illustrated with the skirt. This coat is prettily gathered, on cords, into the stitched, shaped band, which edges it. The coat pattern can be had, post free, for 6½d.

DRESSY SATIN BLOUSE.
For Description see this page.
The Cut-out Paper Pattern of this Blouse is Given Free with this Number.

DRESSY SATIN BLOUSE.

For this pretty model I recommend Samuel Lewis's 21-inch Oriental satin, which can be had in a variety at moderate prices, so very handsome in sheen and texture and in beautiful colours, white, cream, or black. The only trimming is motifs of coarse lace. For patterns of satin send to Samuel Lewis's, the Holborn Silk Market, Holborn Bars, E.C.

The pattern is in three pieces—half the pleated back, the right double-breasted pleated front, one sleeve. Pleats are wheel-marked on back and front patterns. The diagram shows the pattern pieces laid on 4¼ yards of 21-inch satin, which is opened out and is doubled, so that front and sleeve are cut in duplicate. The single material is folded (selvedges meeting), the back centre of back pattern laid on the fold. The narrow satin has to be eked out for right front, back, and sleeves with added corners at *a b*, *c d*, *e* and *f*. Left front is cut single breasted.

Arrange the pleats. Tack together the back and fronts; try on. Make button-holes down the underfold of right front, hem the left front, and sew the buttons down the hem. Put on the motifs back and front. Seam the side seams (run-and-fell). Hem the lower edge. Bind the neck and stitch on a 14-in. band of 3-in. lace insertion matching the motifs.

Diagram of Blouse Pattern.

Miss S. B. writes :—"I have found the competitions very interesting, and am more than delighted with my prize."

SMART DRESSING-JACKET.
For Description see this Page.
THE CUT-OUT PAPER PATTERN OF THIS JACKET IS GIVEN FREE WITH THIS NUMBER.

The sleeve is seamed inside with a fell seam. Gather seam into the armhole and bind the seam for neatness. The lower edge is gathered into ten inches. It is bound, and a ten-inch band of lace is stitched on. This lace can have a finer lace frill. To bind the neck and sleeve use a small thin strip of the satin or sarcenet matching the lace. Elastic keeps the cuff in place.

A broad belt looks well with this blouse, of the satin or velvet of a contrasting shade.

It is a capital blouse to wear with the smart autumn costume already described.

SMART DRESSING JACKET.

This is very pretty in Viyella—white, or some soft shade like Wedgwood blue. It can be trimmed with lace and be hemmed with a band of washing silk of contrasting shade—white silk on blue Viyella looks very nice.

The pattern is in three pieces; half the back, one front, one sleeve. The diagram shows the pattern laid on 4½ yards 31-inch Viyella, which is opened out and is double beneath front and sleeve, so that each is cut in duplicate. The elegant sleeve requires an added corner to get sufficient width. This must be added in the under half, at *a b*. The lacking half of the back is marked out on the single material.

Tack together fronts and back. Try on—a very easy fit. Sew the seams, neat run and fell seams. Hem sleeve, fronts, and lower edge with lace or silk bias bands. Lace is draped round the neck for a collar. The jacket closes with a single hook and eye beneath a rosette of ribbon (*white* on a blue Viyella jacket, hemmed with white silk).

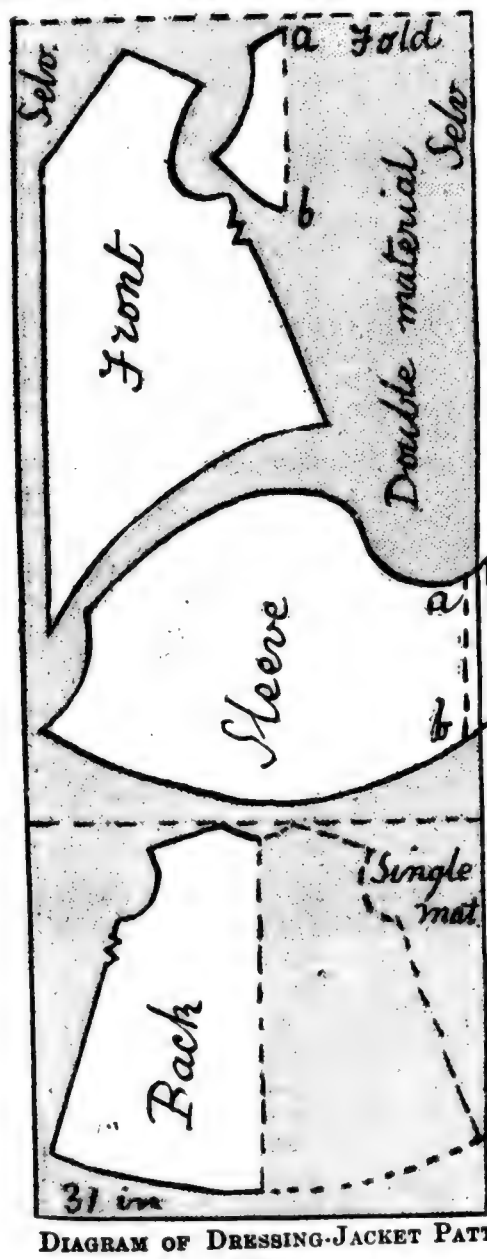

DIAGRAM OF DRESSING-JACKET PATTERN.

THE NEW YOKE SKIRT.
(For Description, see this Page.)
THE CUT-OUT PAPER PATTERN OF THIS SKIRT IS GIVEN FREE WITH THIS NUMBER.

FRENCH PETTICOAT FOR A LITTLE GIRL.
For Description see this Page.
THE CUT-OUT PAPER PATTERN OF THIS PETTICOAT IS GIVEN FREE WITH THIS NUMBER.

GIRL'S FRENCH PETTICOAT.

This is for the new elegant long-waisted style of dress for little girls. It can be made of a fine Indian longcloth (for patterns send to Christopher Williamson, Maddappolam Department, 91, Edgware Road, W.). The pattern is in two pieces—the right back (cut with central box pleat), half the front. The skirt is a cross-cut flounce of the material (two widths is enough, as shown in diagram). This flounce, after tucking, should be six inches deep for the bodice (cut for a girl four-six years old). The diagram shows the pattern pieces laid on 1¼ yards 36-inch longcloth, which is opened out and is double beneath back pattern, so that it (and marked out flounce band) is cut in duplicate. On the single material the lacking half of front is marked out. Allow an extra inch for each ⅓-inch tuck which will be made in skirt.

The seams should be neat run and fell seams. Hem each armhole and flounce, and edge with narrow broderie or lace. The petticoat fastens with pearl buttons, and buttonholes made in back box pleat.

IMPORTANT TO LADIES.—Poudre de Santé effectually prevents the exhalation of unpleasant body odours. This distressing social drawback is so general (especially in hot weather) that an absolutely infallible cure will be welcomed by all. Free booklet sent privately.—Address Poudre de Santé Co., Basshishaw House, Basinghall Street, London.

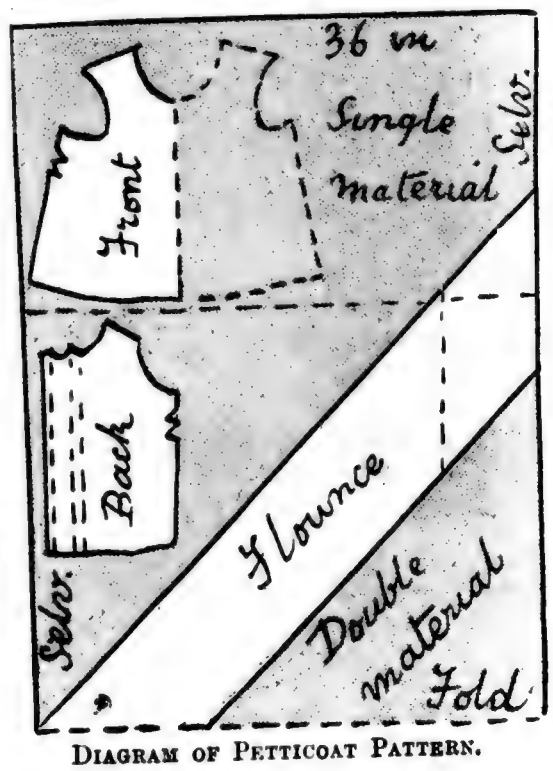

DIAGRAM OF PETTICOAT PATTERN.

"I have used 'Myra' for nearly nine years and find it the best of all dressmaking journals."—M. M.

No. 6399 No. 6400

TWO ELEGANT EVENING DRESSES.

For Description see Pages 30 to 34.

Price of Paper Patterns, Princess Dress, 2s. 0½d.; Corselet Skirt, 1s 0½d.; Blouse, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane E.C.*

A UTILITY PRINCESS DRESS AND A RENOVATED EVENING DRESS.

(See page 16.)

THE princess gown will be much to the fore this autumn and winter in cloth or velvet, for smart afternoon or evening wear. We cannot all afford a gown of Lyons's silk velvet, but we can all avail ourselves of the best substitute—Louis Chiffon Vel Duvet—which is now as light as velvet, and has all its rich depth of pile at a fifth of the cost. Nothing looks better than a velvet princess dress for visiting and smart afternoon functions, veiled for cold days when driving, &c., with a rich fur mantle, which is thrown off and left in the hall or the carriage.

People who have to think of ways and means do not—may not—care to go to the expense of a princess dress entirely for day wear, and yet they grudge the outlay of a purely evening gown in the same style. There is no need why the same princess gown of Louis Chiffon Vel Duvet should not suit both purposes if a suitable colour be chosen. Of course, shell pink, orange, or white silk velvet would not be suitable for visiting purposes, but we have a wide range of lovely shades to select from.

On page 16 a beautiful princess gown is sketched, cut low for evening wear. It is in nine gores, closes at the back, and is lined only to the hips, where the bones cease. It has a short puff sleeve of the Vel Duvet or of the lace which forms the detachable yoke and berthe. Without sleeves, 15 yards of Louis Chiffon Vel Duvet will be required.

The neck of the dress is prettily draped with white lace and a drapery of satin ribbon. The lace puff sleeve, mounted on a white silk lining, is also decorated with ribbon, and it has a lace frill.

Another view of this smart dinner gown is shown on page 16, arranged for afternoon wear. This transformation is effected by the aid of a detachable yoke and detachable sleeves. The yoke is an excellent design, quite unrivalled as detachable yokes go, because the lace yoke is mounted on a fitted bodice or yoke top of Jap silk, cut square and low at the throat, so that part of the yoke and all the lace collar are quite transparent. The whole yoke buttons at the back invisibly with small pearl buttons and worked loops as to the lace parts, with buttonholes as to the silk. The silk should fit the shoulder neatly, and, to keep the yoke from rucking upwards, should be secured at the edge to the cache corset with a few of tiny "safety" pins.

The added sleeve can be of lace, like the yoke, or it can be of tucked silk, net or ninon, decorated at intervals like lace frills. It can be tucked inside the puff sleeve (beneath the frill), or it can be held in place on the arm by an elastic band. This sleeve is transparent, like yoke and collar. The detachable yoke and sleeve are sketched also on page 16.

On page 16 another very good and useful sketch will be found (No. 6,381)—the renovation of a soiled silk princess evening gown of white bengaline. The renovation certainly provides an exceedingly smart and up-to-date gown. Ninon (white) bought cheap at the summer sales, was used, nine yards being required. The upper part of the gown (it fastens at the back) was veiled with tucked ninon—tucked horizontally to form a sort of blouse. The rest of the dress is a five-gore princess of ninon, the skirt tucked to the flat pattern, the top gathered to fit the princess foundation, and decorated with cross straps of mauve velvet ribbon. The silk sleeves were not used at all, the ninon forming a transparent puff, gathered to fit the arm, and decorated with the velvet ribbon. Round the neck was disposed a few folds of ninon and a lace berthe.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

CHAPTER VIII.

MASSAGE OF THE ARMS.

WHILE the sleeves of our day dresses continue to be worn at the elbow length that is so pretty, and those of a girl's or woman's evening dresses are never more elegant than when they are so designed as to show the part of her upper arm that comes below the ball-and-socket joint of her shoulder, extra pains must be taken to make the arm beautiful, for, in order to wear such dresses, the arms must be white, round, and smooth, they must taper upwards from the wrist to the shoulder, and there must be no lumps of muscle showing like those that ofttimes are observed on the under part of the arms of girls who practice much on the piano, or who have to work at the typewriter during the business hours of each day.

This deformation of the arms can always, to a large extent, be corrected by daily rolling up-massage of those muscles, which can easily be recognised by their tired feeling, and certainly by looking at them sideways in a mirror, before they become so over-developed as to be noticeable by others. This massage will rest the arms, and make them more fit for work next day, as well as more beautiful for public performances or evening functions.

To get the arms nice for the day sleeves, one must begin, as in all massage, by well washing them in warm soft water with a pure soap that will make a good lather, such as Woolley's Boval Cream Soap, which can be obtained for sixpence a tablet at the chemist's shop, and this must be used freely on a toilet glove or a square of real Welsh flannel (because this has a twisted fibre, which makes it excellent for the purpose) to scrub the skin, which is much less sensitive than that of the face, until the worn-out scurf, or scarf-skin, comes away in its tiny scales, and the black specks, that on close examination will generally be found choking the pores, are dissolved and washed off. The arms must then be well rinsed in clear warm water and dried with a soft towel.

Then a tablespoonful of Beetham's Lait Larola (all chemists keep shilling bottles of this) should be poured into a saucer, and about a teaspoonful into the palm of one hand, and this is to be massaged into the forearm from the wrist to the elbow, the massaging hand being laid across the wrist of the other arm as if grasping it at the top, and so passing upwards, always upwards towards the elbow, but never working backwards again towards the wrist. When this has been done for at least three minutes, the fingers of the massaging hand should be dipped in the cream that is in the saucer, and should, when well lubricated, tap, tap, tap all the way over and up that arm, as if playing piano studies on it.

The massage for beautifying the arms from elbow to shoulder should be of the light, kneading kind that puts vitality into the tissues, and this should be done with the knuckles of the fingers when the arm to be massaged has been first rubbed with some of the Lait Larola. Then the whole palm of the massaging hand should be moistened with Larola, the palm put in the bend of the elbow of the arm being treated, and the fingers used to press and tap the rounded part of the arm. This should be continued all the way up to the shoulder. And, lastly, the whole of the arm should be gently stroked upwards from wrist to shoulder several times. Both arms must, of course, be treated to each set of movements alternately, so as not to unduly tire the one that is doing the work.

(To be continued.)

No. 6401.—A PICTURE DINNER GOWN.

For Descriptions see Pages 30 to 34.

Price of Paper Pattern, Skirt, Foundation Skirt, or Bodice, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"I thought I must write to tell you how very pleased I am with the skirt pattern you sent me."—E. H.

No. 6402 No. 6403 No. 6404 No. 6405 No. 6406

BEAUTIFUL TAILOR GOWNS FOR AU

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirts and Long Coat, each 1s. 0½d.; Skirts, Foundation Skirts, or Shorter Coa

No. 6405 No. 6406 No. 6407 No. 6408 No. 6409 No. 6410

BEAUTIFUL TAILOR GOWNS FOR AUTUMN WEAR.

For Descriptions see Pages 30 to 34.

ng Coat, each 1s. 0½*d.; Skirts, Foundation Skirts, or Shorter Coats, each* 6½*d., post free of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

No. 6411

No. 6412

No. 6413

THREE TYPICAL AUTUMN TAILOR GOWNS.

For Descriptions see Pages 30 to 31.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *Foundation Skirts and Coats, each* 6½d., *post free of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 6414 No. 6415 Nos. 6416

PROMENADE GOWNS FOR THE AUTUMN AND EARLY WINTER.

For Description See Pages 30 to 34.

Price of Paper Patterns, Skirts, Pleated Skirt, 1s. 0½d.; *Foundation Skirts or Coats, each* 6½d.; *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

Practical Dressmaking for Home Workers.

AN EMPIRE PETTICOAT OR FOUNDATION DRESS.

THIS garment is quite a necessity to wear beneath our many Empire gowns, or to serve as an underdress beneath a transparent or sheath princess dinner or tea gown. If to be used solely as a petticoat, mull muslin is a good material. But a silk or mercerised fabric is advisable, as then it could be used for two purposes—as a petticoat or as an underdress to a transparent gown. The garment closes at the back.

The pattern is in five pieces—one back, one side and half the front of the five-gore skirt, one back and half the front of the short Empire bodice. The diagram shows the pattern pieces laid on 6½ yards of 29-inch mercerised lining. For these mercerised linings send to Messrs. Nicholson's (St. Paul's Churchyard, E.C.); they have beauties in various widths, in lovely colours, some as light and dainty in texture and with all the sheen of surface of good foundation silks. The material is opened out and is double beneath the back and side of skirt and back of bodice, so that each is cut in duplicate. The single material is folded over (selvedges meeting), front centres of bodice and skirt fronts laid along the fold so that each is cut in one piece.

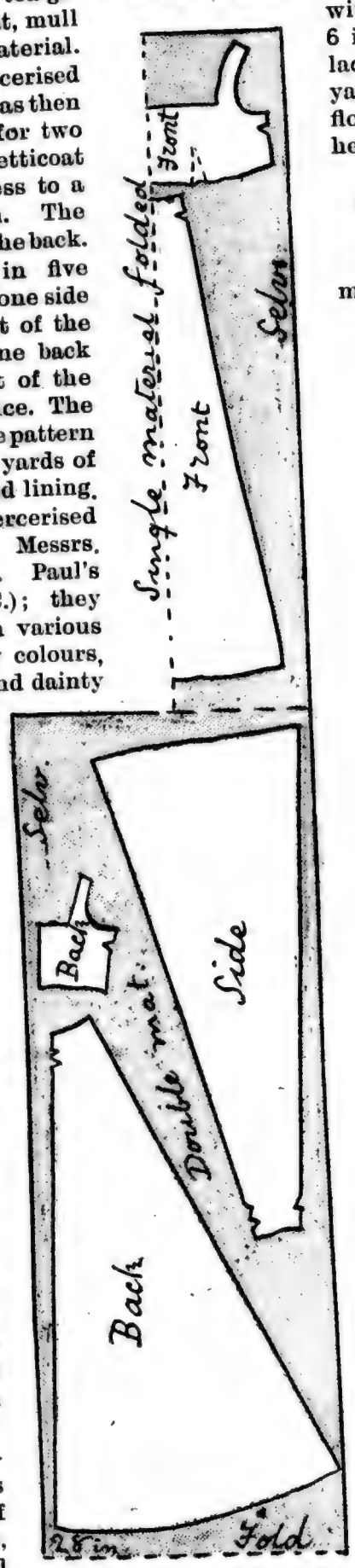

Diagram of Empire Petticoat Pattern.
For Illustration see No. 6418, page 29.

Tack together backs and front of bodice; front, sides, and backs of skirt, leaving opening at back. Try on. Stitch the seams (run-and-fell seams). The skirt fits on to the bodice with a lapped seam. Hem the back openings and close with very small de Long hooks (send to Messrs. Nicholson's for these) and worked loops. Neck and armholes are bound with small bias bands of the material. Broad Valenciennes lace forms a sort of transparent yoke. The armhole is edged with Valenciennes lace. The lower edge is hemmed and is decorated with a flounce made up of cross-cut bands 6 inches deep, which can be edged with lace. For these bands allow another 2 yards of material—8½ yards in all. The flounce is mounted with a gathered heading.

PLEATED BLOUSE OF LEWIS'S "WONDERFUL" VELVETEEN.

This is a specially good model, and makes up beautifully in Lewis's rich

No. 6417.—Pleated Blouse of Lewis's "Wonderful" Velveteen.
For Description see this Page.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"Wonderful" Velveteen (2s. the yard; send for patterns to Lewis's, Market Street, Manchester).

The pattern is in eight pieces—four for velveteen—a pleated front, half the pleated back (pleats are wheelmarked on front and back patterns), a two-piece sleeve; one for lining (the sleeve); for silk and lace: collar band, sleeve panel, vest. The diagram shows the pieces for velveteen laid on 4 yards 24-inch velveteen, which is opened out, and is *single* (to avoid reversing the pile, which should feel rough if smoothed *downwards*), the duplicate pieces being marked off on it.

Arrange the pleats, stitching them; or, better still, secure them by sewing the material together inside each pleat. Tack together fronts and back. Line with batiste of the blouse colour. Cut the vest and sleeve panel in white silk or Oriental satin. Line vest. Tack it to right front and try on. A jabot of lace trims the vest, and the blouse fastens on the left with de Long hooks and worked loops.

To avoid thickness at the waist, the velveteen should be cut away from waist and basques according to the width of the white silk belt. The velveteen should extend only one inch below the belt's upper edge. The belt should be draped on bones, so that it does not slide down. The basque (lining only) is hemmed at the edge.

The collar is cut in silk, and is covered with draped lace. Or lace only can be used, draped on bones to the flat pattern. The collar hooks at the back.

The sleeve is a very smart one. The panel of silk is covered with lace flounces. This

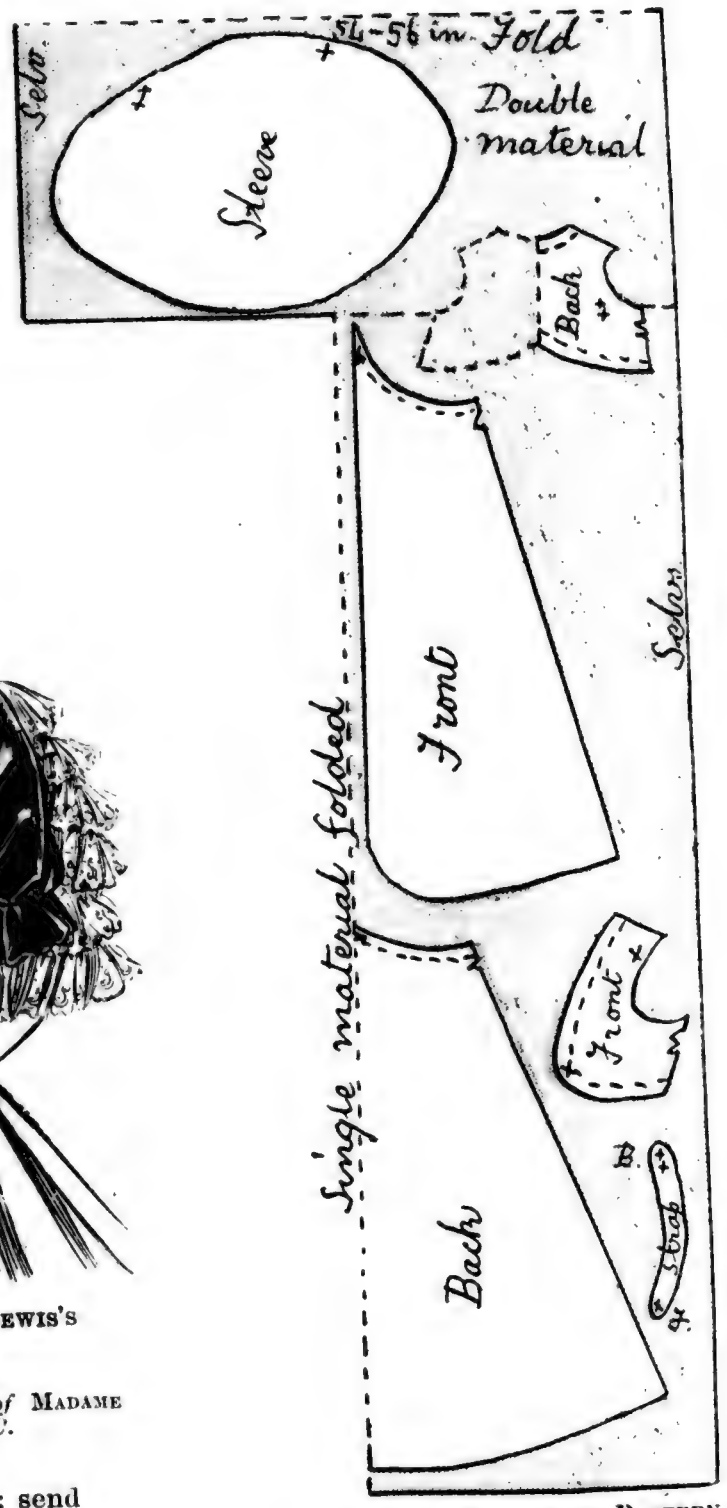

Diagram of Rain Coat Pattern.
(For Illustration see page 30.)

"I think Myra' better than ever."—J. D.

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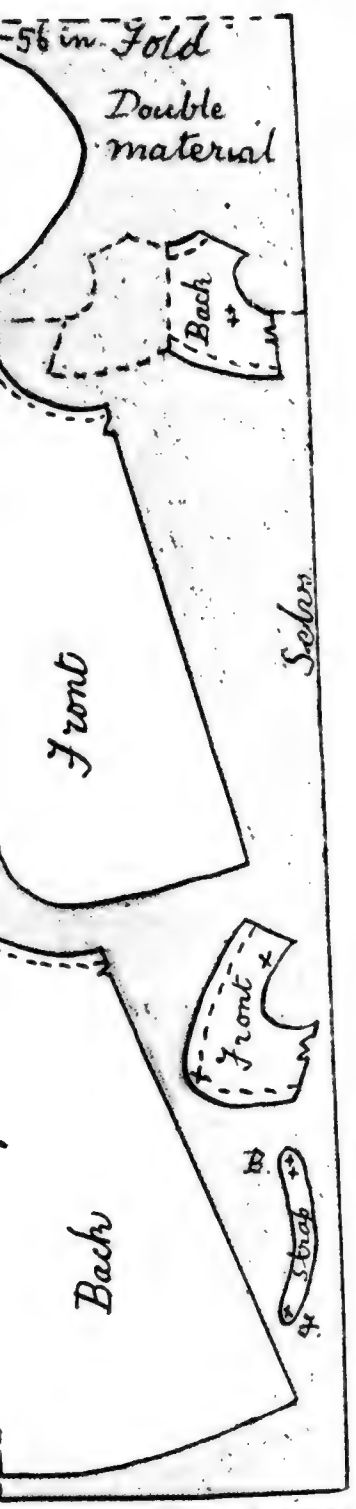

RAM OF RAIN COAT PATTERN.
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is seamed to the two-piece velvet sleeve (a lapped seam, velveteen lapping over the panel according to the notches). This is gathered to form a sleeve frill on a smaller lining, according to the notch. A lace frill is sewn beneath this velveteen and panel frill. The sleeve is then closed at the inner seam, and is stitched into the armhole.

AN EMPIRE WRAP OR RAIN COAT.

It is always advisable to set up a really smart wrap in the Autumn, which will serve for an extra covering on colder days to a too light coat and skirt. If we choose a good Pirle-Finished coating, the garment will serve also as a valuable and dressy rain coat, which will not spot or cockle when wetted. All good drapers keep the Pirle-Finished materials and the process adds but a trifle to their cost. The only trimming is the shaped strap round bodice and on the sleeve. The last is a

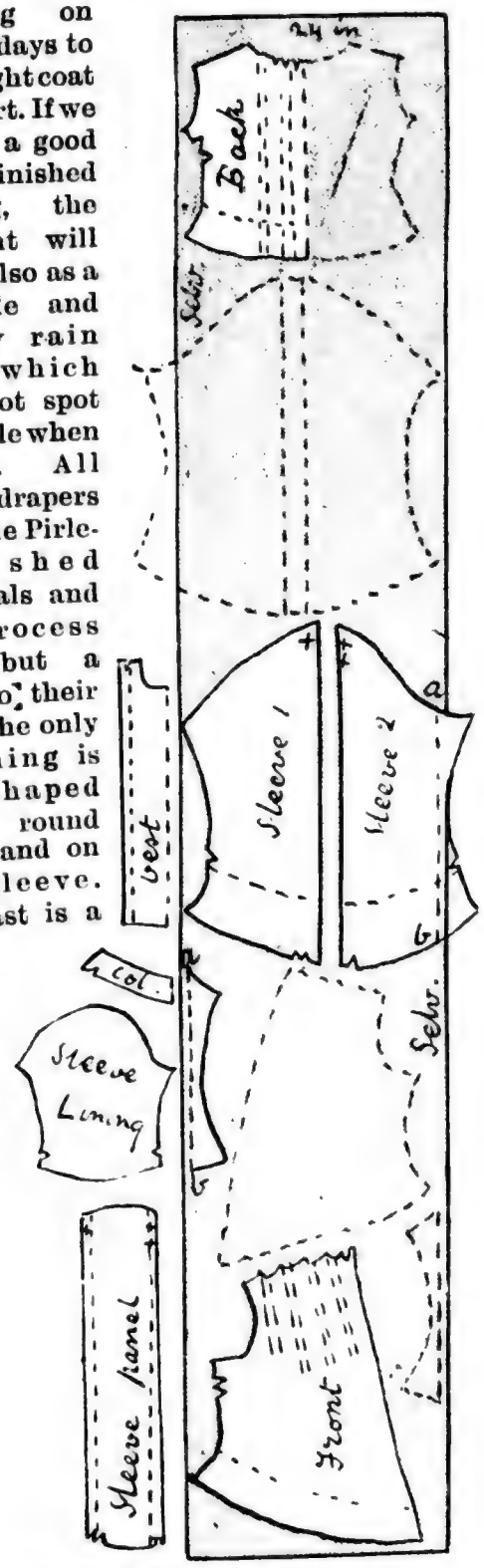


DIAGRAM OF BLOUSE PATTERN.
(*For Illustration, see No. 6417, page 28.*)

necessity—to cover the sleeve top; but the strap round the Empire bodice (it takes a good deal of material and is cut on the bodice pattern according to the wheelmark) can be dispensed with, and be replaced with rows of stitching. Only the Empire bodice need be lined.

The pattern is in six pieces: half the back and one front of skirt, half the back and one front of bodice, one sleeve, one shoulder strap. The strap for the bodice is outlined on the bodice back and front. The diagram shows the pattern pieces laid on 5 yards 54-inch Pirle-Finished Coating, which is opened out and is doubled beneath the sleeve pattern so that it is cut in duplicate. The single material is folded over (selvedges meeting) beneath front strap and skirt patterns, the back centre of skirt back laid along the fold so that it is cut in one piece, the other pieces being cut in duplicate.

Tack together fronts and back of bodice. Tack together fronts and back of skirt. Tack together bodice and skirt—the bodice lapping over the skirt top according to the notches. Try on. Stitch and press the seams. Stitch the turned bodice edge for ornament. Put on hooks and eyes. Cut a lining in silk on the bodice pattern. Seam and press it. Tack it in place and slipstitch it to the bodice and edges. It is wise to put a shaped band of muslin under the ornamental stitching to support the stitches,

No. 6418.—EMPIRE PETTICOAT OR DRESS FOUNDATION.

For description see page 28.

Price of Paper Patterns, 1s. 0½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

this being covered by the silk lining. Finish the stitched armhole neatly.

Hem and stitch the skirt edge, covering the raw edge with a band of Prussian binding matching the cloth. Hem the sleeves, sides, and lower edge in the same way. The raw edge of the sleeve top—between the single and double notches—is eased on the shoulder, joining the bodice front and back at the corresponding notches. This raw-edge seam is covered by the stitched shoulder strap, which is interlined with muslin before stitching. The finished strap

No. 6419.—A ONE-PIECE
For Description see
Price of Paper Pattern, 6½d.,
MYRA, *10 and 11, Fette*

is slipstitched in place, a
end with a metal button
can decorate the bodice fr

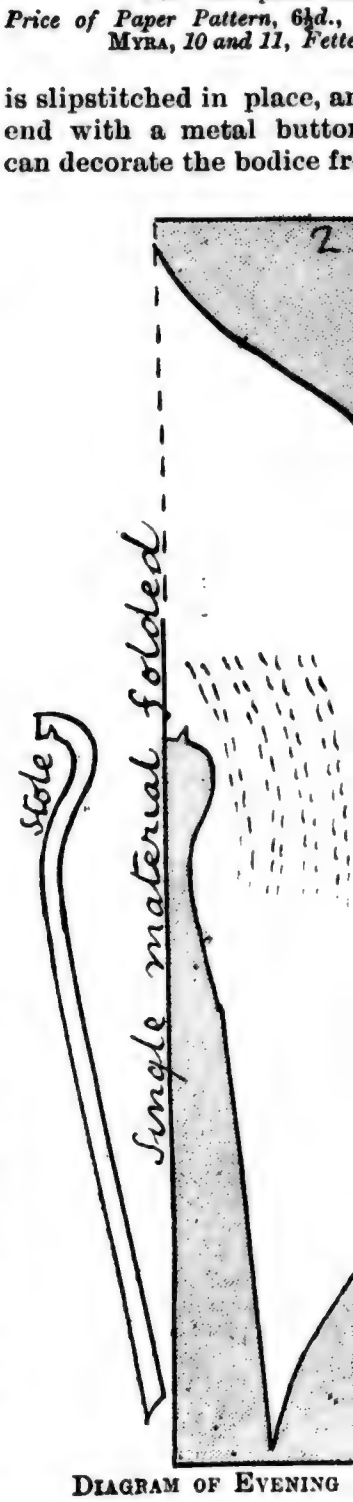


DIAGRAM OF EVENING

"The evening skirt is working out very nicely."—M. R. E.

Descriptions of Our Illustrations.

Tucked and Embroidered Viyella Blouse.

No. 6355, **Page 8.** A tucked back and two tucked fronts (tucks wheelmarked) right front cut with central box pleat. Embroider dots in with satin stitch silk of a contrasting shade. Velvet tie. Velvet belt. Puff sleeve with deep cuff tucked to flat pattern. 31-inch Viyella, 4 yards.

Blouse of Silk and Cloth.

No. 6356, **Page 8.** Cut a bodice lining in white mercerised lining with two backs, four sides, double front, to close at back. Tack, fit, seam, leaving side and shoulder seams. Mount on it the full vest of white lace or spotted net (with band collar hooking at back). Drape with full front and two full backs of taffetas. 4-piece crossed yoke of cloth matching the skirt, bound with silk and decked with metal buttons. Finish seams. Silk belt supported on bones. Elbow sleeve of the silk on a lining, with silk-bound cuff of the cloth, decked with lace frills. 22-inch silk, 4 yards. For patterns of silks and cloth send to Messrs. Samuel Lewis, Holborn Silk Market, Holborn Bars, E.C.

Braided House Blouse.

No. 6357, **Page 8.** To be made of the skirt material. The pattern is in nine pieces—half the tucked back, the right tucked front, half the central vest, which is braided, half the basque, half the braid-edged American yoke, one sleeve, one sleeve lining, half the band collar, one cuff. The tucks are wheelmarked on front and back patterns. Lay the pattern pieces on 2 yards of 46-inch serge which is opened out and is doubled, so that front, cuff, and sleeve are cut in duplicate. The single material is folded (selvedges meeting), the back centres of back, collar, and yoke laid on the fold. Arrange the tucks. Decorate with straps of braid. Tack together the back, yoke, vest, fronts. Try on. Close with the de Long hooks and worked loops. Seam the side seams (run and fell seams). Arrange into the basque. Seam on the collar according to the notches. It hooks at back. The sleeve is seamed inside with a fell seam. It is gathered (on a liniug) into the cuff, which is decorated with several rows of braid. Gather the top of the sleeve into the armhole, and bind the seam for neatness.

Tailor Gown trimmed with Shaped Frills.

No. 6358, **Page 9.** Pleated two-piece umbrella skirt trimmed with three shaped frills. The pattern of the lowest is given, the other two being cut on it. Pleats, wheelmarked on skirt pattern, are stitched down for a few inches. Wear over a 5-gore foundation skirt, edged with a pleating. Cut a coat lining (back and the fronts). Drape with full back and two full fronts of the woollen (gathered into a stitched band). Finish seams. Velvet belt. Collar of velvet, edged with shaped frill of the woollen. Below is another shaped frill cut in one with the added fronts. Frills are hemmed and unlined. Waistcoat fronts of white cloth and lace jabot. Metal buttons. One-piece sleeve gathered on a lining, with woollen (or velvet) cuff and added sleeve frill. Lace underfrill. 48-inch material, 7 yards. Very smart model, suitable for the new ornamental tweeds. For patterns send to Best's Dress Goods Company, Bradford.

An Original Braided Tailor Suit.

No. 6359, **Page 9.** Good model for face cloth. Three-piece skirt, circular sides (cut with back) trimmed with broad shaped frills; pattern of lowest only is given. The material of sides and back is pleated into the waist (pleats wheelmarked). Trim tablier with braid. Wear over a foundation skirt. Smart coat—a back and two fronts of silk lining, veiled with two flounces of the cloth, and a deep collar, edged with braid. Close with hooks and eyes. Velvet buttons. Elbow sleeve arranged on a lining, with braided bell cuff. 48-inch material, 7½ yards. For beautiful face cloth send to Best's Dress Goods Co., Bradford.

Serge Gown Trimmed with Striped Silk.

No. 6360, **Page 9.** Good model for fine B.B. navy serge (for patterns send to Best's Dress Goods Company, Bradford), trimmed with blue and white striped silk. Three-piece skirt (circular sides cut with back), trimmed with bias bands of the silk down the tablier, and rows of metal buttons with false (cord) buttonholes. Blue satin belt. Wear over a foundation skirt. Smart coat—a back and two two-piece fronts, slightly scalloped. Stitch seams and edge. Elegant band collar of the striped silk, cut in with the band seamed beneath the coat edge. Buttons and false buttonholes like the skirt. Line with white glacé, cut on the coat pattern, but seamed apart. Elbow sleeve arranged on a lining, with strap cuff of serge and underfold of the striped silk. Open wing sleeve, stitched at edge, but unlined. 54-inch material, 7 yards.

No. 6420.—An Empire Wrap or Rain Coat of Pirle-Finished Coating.

For Description see Page 29.

Price of Paper Pattern, 1s. 0½d.; *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

A Neat Reefer Coat.

No. 6361, **Page 10.** To match a skirt. Good model for autumn cloth, serge, tweed, &c. The pattern of coat is in nine pieces (half the coat)—one back, two sides, one front side, one front (cut with revers), one cuff, half the reefer collar, two-piece sleeve. Lay the coat pattern on 2½ yards of 52-inch serge, which is doubled (selvedges meeting), the back centre of collar laid along the fold so that it is cut in a single piece, the other pattern pieces being cut in duplicate. Tack together backs, sides, and fronts. Seams back and front are lapped (lap is given in pattern). Try on. Stitch and press the seams. Turn up the edge all round over a band of lino; stitch down. Face fronts with the serge. Close Chesterfield style with pearl buttons, and buttonholes made in right facing. Cut silk lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges and facings. Line the collar with lino; face with the serge. Sew the collar into the neck, and fell the facing over the seam. The sleeve is seamed and lined. The edge is finished with a cuff of the material. Sleeve is stitched into the armhole, and the coat lining is felled over the seam.

A Dainty Strapped Coat.

No. 6362, **Page 10.** To match a skirt, charming model for the daintier autumn cloths. Smart Empire coat—a plain back, two full sides, and two full fronts, outlined with shaped bands, mounted with lapped seam beneath a shaped strap. The shaped front bands are cut in one with yoke and basques. Stitched belt. Revers collar, faced with silk (showing an under facing of the cloth). Strapped cuff to the one-piece elbow sleeve, which is mounted on a smaller lining. Line with glacé silk cut on coat pattern, but seamed apart. 52-inch face cloth, 3 yards. Metal buttons. For cloths send to Best's Dress Goods Company, Bradford.

The Fashionable Braided Short Coat.

No. 6363, **Page 10.** Smart little coat—a back, four sides, and two fronts, decorated with lines of broad and narrow braid. Face with white glacé and close with buttons and buttonholes. Line with white glacé, cut on coat pattern, but seamed apart. Reefer collar, faced with white glacé. Two-piece coat sleeve, the wrist smartly buttoned. Double-width material, 2½ yards.

I have taken you journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue, W. G.. N.

The New Norfolk Coat.

No. 6364, To match a skirt—a back, four
Page 10. sides, and two fronts, with very short basque. Face fronts with the cloth, and make buttonholes in right front. False pleats, back and front, are represented with straps, decorated with buttons. Line with glacé, cut on coat pattern but seamed apart. Stitched cloth belt passing under the straps. Revers collar, faced with striped silk. Two-piece coat sleeve, the cuff simulated with a buttoned strap. 52-inch cloth, 3 yards.

Another Norfolk Coat.

No. 6365, The general cut is the same as
Page 10. No. 6364, but the straps are very narrow and the fronts (closing Chesterfield style, the buttonholes made in the right front facing) are turned back in revers which are seamed to the faced reefer collar. 52-inch cloth, 3 yards.

A Tucked and Embroidered Blouse.

No. 6366 A tucked back, and two tucked
Page 11. fronts of silk, outlined with embroidered silk. Tucked silk vest. Tucks are wheelmarked on pattern. Collar (hooking at back) is tucked to flat pattern. One-piece sleeve arranged on a lining finished with a cuff of the broderie. 21-inch bengaline, 4 yards. For pretty bengalines send to The Holborn Silk Market, Holborn Bars, E.C.

A Pin-tucked Viyella Blouse.

No. 6367, A full front and back are arranged
Page 11. into a one-piece American yoke, pin-tucked to flat pattern and decorated with spots embroidered in silk. Edge the fronts with embroidered bands. Pin-tuck the vest to flat pattern. Collar is tucked to flat pattern, finished with a French batiste collar and satin bow. Belt should match embroidered spots and bow. One-piece sleeve pleated to fit wrist (pleats wheelmarked on pattern), with embroidered cuff. 31-inch Viyella, 4 yards.

Smart Blouse of Louis Chiffon Vel Duvet.

No. 6368, Excellent model for Vel Duvet to
Page 11. match an autumn skirt of handsome woollen material. A pleated front and two pleated backs (pleats wheelmarked), right front cut with small box-pleat which holds the buttonholes. Small metal buttons. Plain batiste lining. Neck cut low and filled in with a lace yoke and band collar, made up to the flat patterns with rows of lace insertion. Lace berthe; or it can be made of satin, edged with narrow lace and embroidered. Velvet belt, supported on bones. The pleated velveteen should be cut away beneath the belt, which lies on the lining only. Original sleeve with band cuff. 24-inch Louis Chiffon Vel Duvet, 4 yards.

Elegant Autumn Blouse of Fine White Cashmere.

No. 6669, Back and fronts are pleated, the
Page 11. vest being tucked (pleats and tucks wheelmarked). Added basque. Decorate front pleats with motifs of coarse lace. Collar, tucked to flat pattern, hooks at back. French batiste collar and tie of velvet ribbon, held to the vest with lace or embroidered cashmere straps. Metal buttons. One-piece sleeve on a smaller lining with smart cuff, decorated with motifs. 46-in cashmere 3¾ yards. For lovely fine cashmeres send to Best's Dress Goods Company, Bradford.

Dainty Tucked Silk Blouse Trimmed with Valenciennes.

No. 6370, The pattern is in seven pieces—
Page 11. half the tucked back, the right tucked front (cut with central box-pleat), half the basque, one sleeve, one sleeve lining, half the band collar, one cuff band. The tucks and pleat are wheelmarked on front and back patterns. Lay the pattern pieces on 4 yards of 22-inch silk, which is opened out and is doubled, so that front, cuff, and sleeve are cut in duplicate. The single fabric is folded (selvedges meeting), the centre edge of back and collar laid on the fold. Arrange the tucks and pleat. Decorate with frills of lace, and work the pleat with lace motifs or silk embroidery. Tack together the back and fronts. Try on. Make button holes under the box-pleat, hem the left front and sew the buttons down the hem. Seam the side seams (run and fell seams). Arrange into the basque. Collar of the silk, decorated like the pleat, hooking at back. Seam on the collar according to the notches. The sleeve is seame inside with a fell seam. It is gathered (on lining) into the cuff band, which is draped with velvet ribbon and decorated with frills of wider lace. Gather the top of the sleeve into the armhole, and bind the seam for neatness.

Cache Corset of Indian Longcloth.

No. 6371a, Could be used as an underslip for
Page 12. transparent blouses. For patterns of Indian Longcloth send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W. Three-piece bodice—back and two fronts, decked with lace yoke (made up to pattern with Valenciennes insertion), buttoning in front beneath an added box pleat. Neck and armholes are edged with a lace frill. There is no basque. A strap of the material is worked with slots through which a ribbon runner is passed. 36-inch material, 1¼ yards.

Embroidered Chemise of Horrockses' Fine Flannelette.

No. 6371b, A back and front prettily scalloped
Page 12. and embroidered with silk. Slots are cut for the passage of the ribbon runner. 31-inch material, 3½ yards. For Horrockses' Flannelette send to Mr. Christopher Williamson, Fabrics Department, 91, Edgware Road, W.

A Chemise of White Viyella.

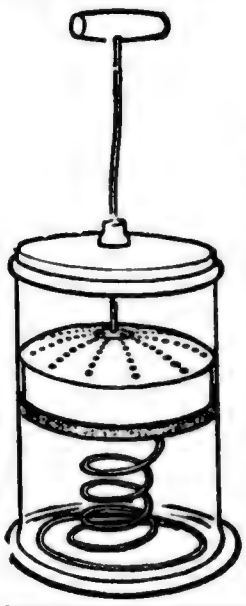
No. 6372, Trim with woollen torchon inser-
Page 12. tion and edging. 31-inch Viyella, 3½ yards.

Evening Chemise with Lace Yoke.

No. 6373, Of white washing silk, the yoke
Page 12. made up to pattern with rows of Valenciennes joined by beading. 30-inch silk, 3½ yards.

Embroidered Nightdress of White Viyella.

No. 6374, The pattern of the nightdress is in
Page 12. six pieces: Half the back, half the tucked front, one scalloped front yoke, half of the back yoke, one sleeve, one frill. Lay the pattern pieces on 7 yards 31-inch Viyella, which is opened out and is double beneath the front yoke, frill and sleeve so that each is cut in duplicate. Yoke is embroidered, closing with buttonholes



THE PATENT VACUUM CLEANALL.

Does Not Shrink Clothes.

As is the case with so many of the most valuable inventions, the first thing that occurs to one on seeing the **Vacuum Cleanall** is: Why was it not thought of long ago? For it is simple in the extreme. We all know that if we press cleansing fluid through fabric, the dirt and grease are expelled, and this wonderful little machine does it for us in a few seconds at an absurdly trivial cost, for if the Petrol, Benzoline, or such like fluid be employed it can be used again and again, in consequence of the fact that the dirt will sink to the bottom of the vessel in which it is placed after use, leaving the rest of the liquid clear. For many articles soap is the medium, but a lady's intelligence will enable her to supplement the instructions which accompany the machine. Of course the result of the introduction of the **Vacuum Cleanall** will be—in many cases we should say is, for its efficiency has been fully proved—to abolish the heavy tax of cleaners' bills. Ladies or their maids will be easily able to do all the cleaning that is required. You pour the fluid into the jar, place whatever is to be cleaned in the container, put on the lid, work the rod up and down, and you will see (if the jar be glass) the liquid passing backward and forwards through the material, and by so doing driving the dirt away and leaving it perfectly clean. We can well imagine that ladies will like to perform the operation, and the thought that they are saving big bills will add to their satisfaction.

Readers of *Myra's Journal* should send to **The VACUUM SYNDICATE, at 31, Brewer Street, Regent Street, London,** for a Descriptive Pamphlet, which will be sent Post Free.

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Send us a post card (naming *Myra's Journal*) saying what you want, and patterns will be sent by return.

For Hard Wear:
B. B. SERGES,
in Black and Navy.
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VOILES,
EOLIENNES,
&c.,
in Delicate Shades.

BEST'S

DRESS GOODS CO. (Dept. M), Manufacturers,
BRADFORD.

See our beautiful Faced Cloths in warm colourings.

made in the added box pleat. The single material is folded over (selvedges meeting), the back centre of back, and front centre of front laid along the fold. so that each is cut in single piece. The material being too narrow for complete back and front, added corners have to be seamed on up the selvedges. Tucks of the slit front are wheelmarked on pattern. Front slit is protected by stitched box-pleat. Hem the lower edge. Yoke is outlined with woollen torchon insertion. The sleeve is seamed and trimmed with lace; into its edge is gathered the eased shaped frill, which is decorated with lace. Embroider the yoke and sleeve with Peri Lusta thread.

Breakfast Wrap of White Cashmere.

No. 6375, **Page 15.** Two tucked fronts and two full backs arranged into a three-piece yoke, decorated with Valenciennes. Tucks are wheelmarked on pattern. Flounce at edge of lace-decked cashmere. Wing sleeve decorated with lace. 46-inch cashmere required, 6 yards.

Winter Dressing Gown of Molleton.

No. 6376, **Page 12.** Two backs and two fronts, with collar made of wide lace flouncing and lace insertion. Wing sleeve edged with the scalloped lace. Gown buttons down the front, the button-holes made in a band stitched beneath the edge of the right front. 29-inch molleton, 11 yards. The material has to be eked out with added corners. Design made to meet. For molleton patterns, send to Christopher Williamson, Fabrics Department, 91, Edgware Road, W.

Empire Tea Gown of Spotted Taffetas.

No. 6377, **Page 15.** A five-gore skirt of the silk, decorated with added tucks (doubled bias bands), is gathered on a three-piece bodice-lining closing on left side, the tablier alone rising to the neck. The rest of the lining (made of the silk) is veiled with a lace bolero. One-piece sleeve on a smaller lining, edged with lace frill. 22-inch silk, 14 yards. For patterns, send to the Holborn Silk Market, Holborn Bars, E.C. Where the silk is not wide enough, added corners must be seamed up the selvedges, design meeting.

Empire Tea Gown of Black Oriental Satin.

No. 6378, **Page 15.** It is a full seven-gore dress, gathered on the shoulders, arranged into an Empire effect by gathering on to a three-piece bodice lining, the gathers covered with white lace. Elbow sleeve of the satin, gathered on a smaller lining with a lace band to form a frill, which is edged with lace. The skirt is tucked to flat pattern, and is decorated with a frill and insertion band of the white lace. 42-inch satin, 9 yards.

Lace Dinner or Tea Coat.

No. 6379, **Page 15.** To wear with skirts of silk, satin, or pastel cloth. Coat has a back, two sides, two open fronts, an added basque, a deep collar, and a one-piece sleeve gathered on a net lining to form a puff and frill. The edges must be scalloped and worked, or can be finished with a narrow insertion of a similar lace. Coat is worn over a blouse of soft chiffon (of the skirt colour), with crossed fronts. It is kept in place by the boned belt of velvet, which closes with a paste clasp and has a paste slide at the back. Velvet ribbon to match decks the sleeve. 18-inch piece lace, 8 yards. For piece lace send to Messrs. Nicholson's St. Paul's Churchyard, E.C.

Charming Theatre or Bridge Blouse.

No. 6382, **Page 17.** Cut a silk bodice-lining (low-necked) with back, four sides, three-piece front, to close on left of centre panel. Tack, fit, seam, leaving side seams. Drape with a vest of Irish crochet cut in one with yoke fronts, a lace back, with a tucked front and two tucked backs of ninon (tucks wheelmarked on pattern). Finish seams. Glacé belt supported on bones, to match a glacé skirt. Decorate lace front with lacing of black velvet ribbon, tagged with gold. Puff sleeve of the ninon on a muslin lining, to form two puffs, with lower sleeve (transparent) of Irish crochet. 45-inch material 1¾ yards. For patterns send to Messrs. Nicholsons, St. Paul's Churchyard, E.C.

Theatre or Home Dinner Blouse of Black Silk Muslin.

No. 6383, **Page 17.** Cut a bodice lining in white glacé, with two backs, four sides, double front. Tack, fit, seam, leaving only the side seams. Veil with accordion-pleated backs and front of the black muslin decorated with white lace points. Finish seams. A frill of white chiffon edges neck. Puff sleeve on a smaller lining, decorated with lace. 45-inch muslin, 3 yards. For patterns of muslins send to Messrs. Nicholson's, St. Paul's Churchyard, E.C., who also keep pleated muslins. The material should be pleated before cutting out on flat pattern. If ready pleated muslin is bought, 4 yards will be sufficient.

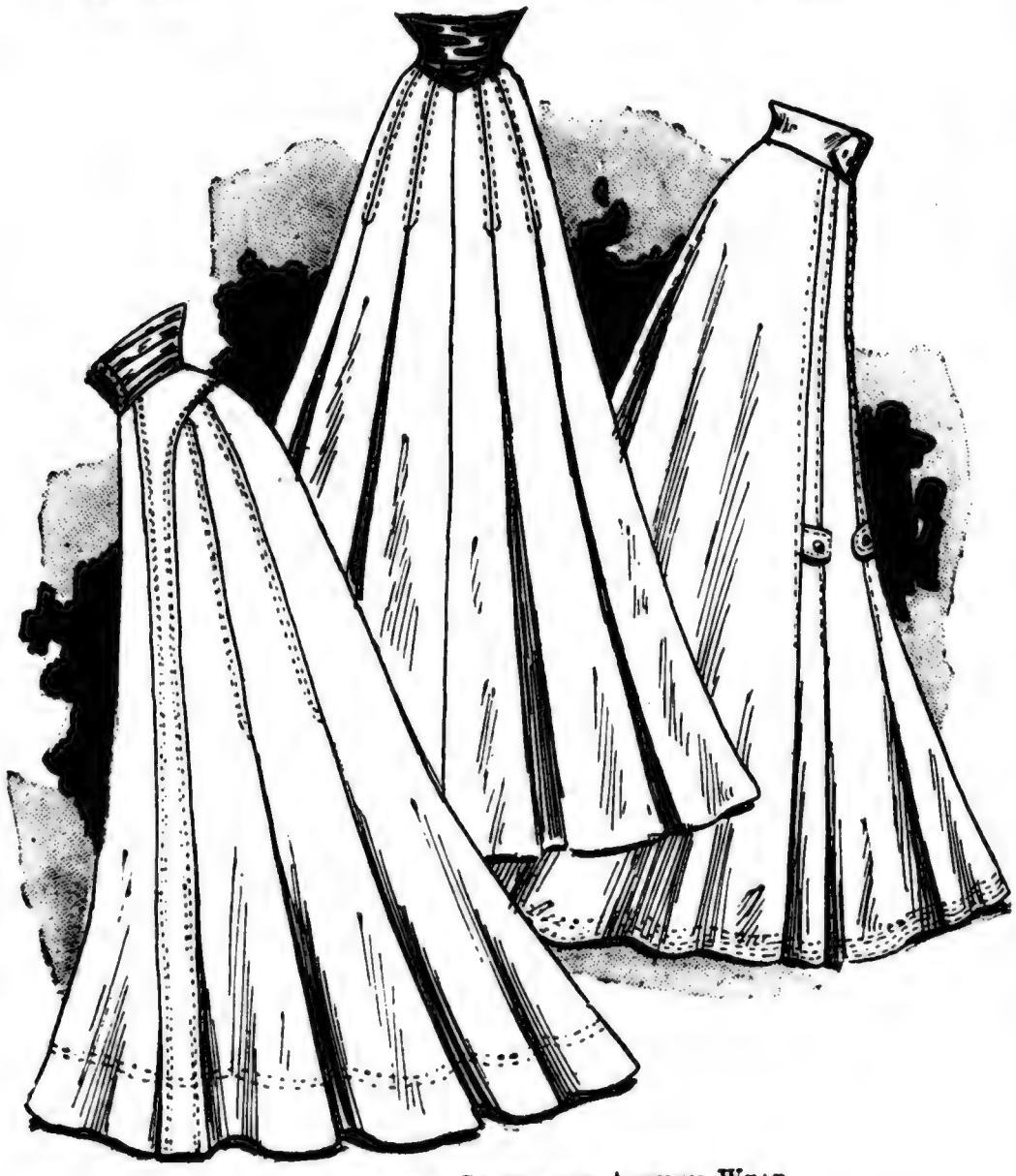
A Muslin Bridge Coat.

No. 6384, **Page 17.** To wear over any silk underslip, with skirt and gathered belt (gathered on bones) of taffetas. The coat consists of a full back and two full fronts of ninon, kept in place by shaped bands of silk covered with ribbon-threaded lace. Added vest and band collar of piece lace. Puff sleeve on a silk lining with ribbon-threaded lace cuff. 45-inch ninon, 1½ yards.

Bridge Coat of White Cloth.

No. 6385, **Page 17.** Cut a bodice lining with three-piece front, to close to left front on left of centre panel. Fit, seam, bone, leaving only side and shoulder seams. Cover front panel with plastron of pleated white satin. Drape the rest with a back and two fronts of the white cloth. Added basque of cloth, lined white silk. Finish seams. Collar of coarse lace. Added revers of lace, silk lined. Wide belt of velvet gathered on bones. Puff sleeve on a lining which is finished with a lace puff and a puff of satin, with frill of fine lace. 52-inch cloth, 2½ yards. For beautiful white cloths send to Best's Dress Goods Company, Bradford.

No. 6421 No. 6422 No. 6423



Novel Pleated Skirts for Autumn Wear.

For Description see Pages 30 to 34.

Price of Paper Pattern, each 1s. 0½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

Pinafore Bridge Blouse.

No. 6386, **Page 17.** To match a full skirt, good model for tomato red cashmere, trimmed with velvet to match and combined with cream lace. Cut a low-necked bodice lining in cream glacé, with two backs, four sides, double front. Veil front top with lace. Tack, fit, seam, leaving only side seams. Veil the rest with two backs and double front of cashmere, gathered into the waist, cut in one with a short epaulet sleeve. Edge neck and sleeve with bouillonné of velvet. Belt of the velvet, draped on bones. Puff lace sleeve on a smaller net lining, strapped with velvet ribbon. Lace frill. 46-inch cashmere, 1½ yards. 18-inch piece lace, 4 yards.

Bridge Coat of Pastel Face Cloth.

No. 6387, **Page 17.** Cut a bodice lining with three-piece front, to close on left front on left of centre panel. Fit, seam, leaving only side and shoulder seams. Cover front panel with plastron of full chiffon, gathered beneath a ribbon drapery into a lace yoke. Drape the rest with a back and two fronts of the cloth. Finish seams. Band collar of lace, supported on bones. Collar of rich white satin, trimmed with a frill and lace insertion. One-piece sleeve gathered on a lining to form a frill beneath a drapery of ribbon. Belt of satin, draped on bones. 52-inch cloth, 2 yards. For cloth send to Best's Dress Goods Company, Bradford.

Navy Straw Autumn Hat.

No. 6388, **Page 18.** Pretty model for travelling or country wear, trimmed with a striped silk scarf.

Hat to Wear with Autumn Sailor Gown.

No. 6389, **Page 18.** Of leaf green straw, trimmed with ruche and bow of russet ribbon. Bouquet of flowers on the left, under the brim.

Felt Rough Wear Hat.

No. 6390, **Page 18.** Of useful grey, rough felt, trimmed with a red velvet bow.

Smart Visiting Hat.

No. 6391, **Page 18.** Of folded "champagne" taffetas on a wire shape, the brim lined with velvet. Rich feathers to match. Satin bows.

Worth Knowing.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used Hopgood's Nutritive and Sedative Hair Cream with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success. Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

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Visiting Hat.
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e shape, the brim lined with
rs to match. Satin bows.

Smart Promenade Hat.

No. 6392, Of grey-green felt, trimmed with
Page 18. taffetas and shaded feathers.

Blouse Dress for a Girl of Seven.

No. 6393, Pretty frock of cashmere—a front
Page 19. and two backs, held to the waist with a silk sash. The edge is braided. The dress is mounted into a three-piece yoke of lace over silk. Berthe of the braided cashmere. Lace band collar. Elbow sleeve on a smaller lining cut with braided frill. 42-inch cashmere, 3 yards. For the cashmere send to Lewis's, Market Street, Manchester.

Pretty Frock of Lewis's Wonderful Velveteen.

No. 6394, A circular velveteen skirt is mounted
Page 19. into a three-piece bodice lining. On it is mounted the full velveteen blouse with one-piece wing sleeve. Wear over a lace blouse closing at back. Cut low in the neck, held by a velveteen belt, fastening at back. For a girl of eight, 24-inch velveteen, 5 yards. For the velveteen (2s. the yard) send to Lewis's, Market Street, Manchester.

Girl's Empire Coat.

No. 6395, For a girl of nine. A circular skirt
Page 19. of cloth, set plain into a three-piece short bodice. Big Napoleon revers of cloth decked with buttons, and slipstitched small revers of velvet. Vest and band collar of lace over silk. Line coat with silk. Silk cord girdle. One-piece gigot sleeve, fitted into long cuff, which is decorated with stiffened velvet pieces. 52-inch cloth, 3¼ yards.

Coat of Lewis's "Wonderful" Velveteen.

No. 6396, Double-breasted, belted at the waist,
Page 19. a back and two fronts, silk lined. Two stitched shaped frills decorate the top. Added revers and turn-down collar faced with the velveteen. Full long sleeve with double velveteen cuff. 24-inch velveteen for a girl of five, 5 yards. For the "Wonderful" velveteen (2s.) send to Lewis's, Market Street, Manchester.

Girl's Smart Cloth Coat.

No. 6397, It is double-breasted, turned back
Page 19. with revers, faced with velvet. The reefer collar, rather wide, is faced with velvet. Coat is closed with two big velvet buttons. Puff sleeve with velvet cuff at the elbow and velvet lower sleeve. 52-inch cloth for a girl of seven, 2½ yards.

Boy's Fur-trimmed Coat.

No. 6398, Of stout cloth, double-breasted,
Page 19. lined with Italian cloth, the fronts faced with the cloth of the coat. Collar and cuffs are faced with astrachan. 54-inch cloth for a boy of five, 1¾ yards.

Lovely Princess Evening Gown.

No. 6399, A nine-gore princess dress in pastel
Page 22. cloth (closing at back), two backs, four sides, three-piece front. Line to hip. Fit carefully. Bone with care to hip. Berthe of soft lace, prettily draped, edged with a lace frill. Lace drapery supplies a sleeve. 52-inch cloth, 8 yards; 21-inch lace, 2 yards.

Empire Evening Gown.

No. 6400, An evening blouse and Empire
Page 22. corselet skirt of mauve ninon is worn over a complete Empire underdress. Underdress, closing at back, is of glacé—a 5-gore skirt and 3-piece bodice. See No. 6418. The blouse is short (does not reach the waist)—a back and two fronts with two-piece fichu edged with frills and a small puff sleeve edged with frills. Pattern of corselet skirt consists of a belt lining (five pieces: one back, one front, three sides), a full skirt with Empire back (three pieces: one back, one side, half the front), making eight pieces in all. On the belt is draped broad chiné ribbon, the same ribbon forming long sash ends at back. Lay the skirt pattern on 6¼ yards double width ninon, which is opened out and is double beneath back and side, so that each is cut in duplicate. The single material is folded over for tablier, so that it is cut in one piece. Cut the belt in lining; tack according to notches, and try on—a very neat fit. Make the opening at back (hooks and eyes, edge to edge). Bind the top and lower edge, and bone carefully all the seams and each back (where is the opening). Seam together the front, sides, and backs of the skirt. Press the seams. Gather the top and mount it on the corselet of lining, according to the notches. The lower edge of the skirt is hemmed. Trim with cross-cut frills of ninon (they will take quite 2 yards) The opening is at the back, closing, amidst the fulness, with a few very small de Long hooks and bars (or worked loops). Lastly, arrange the drapery. The ribbon at the back is pleated up into as small a compass as possible. These pleats do not meet edge to edge like the belt lining, but just lap a trifle, held in place by a small hook and worked silk loop beneath the bow.

A Picture Dinner Gown.

No. 6401, A foundation skirt (five gores) of
Page 23. rose-pink silk is veiled with two full five-gore skirts of white chiffon, one over the other. The foundation skirt is edged with three silk pleatings. The scarf ends at the back are simulated by the arrangement of the fulness. Those in front are added and are edged with frills. Cut a bodice lining of rose-pink silk, with back, four sides, three-piece front. Tack, fit, seam, and bone. Veil front and back with cross draperies of chiffon. Veil the rest with full sides and fronts of chiffon and draped fichu back and front, meeting the skirt draperies beneath passementerie ornaments. Puff sleeve draperies, unlined. 45-inch chiffon, 15 yards. For patterns of charming chiffons send to Messrs. Nicholson's, St. Paul's Churchyard, E.C.

A Pleated Cloth Skirt and Velvet Bolero.

No. 6402, For "foliage" cloths send to Best's
Page 24. Dress Goods Company, Bradford. Pleated tablier (pleats wheelmarked on pattern). Two pleated sides and two pleated backs (pleats wheelmarked on pattern). The edge is hemmed (the invisible French hem). Wear over a five-gore foundation skirt. Smart bolero of dark green velvet—a back and two fronts. Decorate with a shaped band of broché of mixed "foliage" tints. Short puff sleeve with bell cuff, decorated like the bolero, mounted with a small epaulet sleeve, edged with a band of broché. Glacé belt supported on bones. 52-inch cloth, 5 yards; 20-inch velvet, 4 yards.

Smart Braided Tailor Gown.

No. 6403, Seven-gore skirt, closing in left
Page 24. tablier seam Trim with a tucked band of glacé to match, outlined with elegant braid

EXPERIENCE.

TIME IS THE TEST OF ALL THINGS

and the ever-increasing popularity of ENO'S 'FRUIT SALT,' which holds its own against all rivals, is the most genuine proof of its worth. It must needs be a good thing that can withstand the immense pressure of uprising competition, and yet defy comparison; small marvel, therefore, that with the flight of years ENO'S 'FRUIT SALT' has become known far and wide for what it is worth—one of the MOST POTENT, SIMPLE, and AGREEABLE FACTORS in maintaining HEALTH.

ENO'S 'FRUIT SALT'

is the best and simplest preparation for regulating the action of the LIVER that has yet been discovered, and removes effete gouty, rheumatic matter, or any form of poison from the blood. No one should go for a change of air without a supply of this INVALUABLE PREPARATION.

A GENTLEMAN writes:—"After 25 years' use, I have found a cup of hot tea taken in the morning about a quarter of an hour after a dose of Eno's 'Fruit Salt' a great boon."

CAUTION.—*Examine the Capsule, and see that it is marked ENO'S 'FRUIT SALT.' Without it you have the sincerest form of flattery—IMITATION.*

Prepared only by J. C. ENO, Ltd., 'FRUIT SALT' WORKS, LONDON, S.E., by J. C. ENO'S PATENT.

with inlets of velvet. Smart little sacque coat. The pattern of coat is in seven pieces (half the coat)—one back, one front, one double-breasted front centre, one cuff, half the collar, one sleeve, one sleeve lining. Fronts are rounded at the seams. Lay the coat pattern pieces on 2 yards of 52-inch "champagne" cloth, which is doubled (selvedges meeting), the back centre of collar laid along the fold so that it is cut in a single piece, the other pattern pieces being cut in duplicate. Tack together backs and fronts, Try on. Stitch and press the seams. Turn up the edge all round over a band of lino; stitch down. Face fronts with the cloth. Close with large metal buttons and buttonholes made in right front. Cut white silk lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges and facings. Strap front and back seams with the braid. Line the collar with lino; face with the braided cloth. Sew the collar into the neck, and fell the facing over the seam. The sleeve is seamed and lined. The edge is finished with a cuff faced with the braided material. Sleeve is stitched into the armhole, and the coat lining is felled over the seam. 52-inch cloth for skirt, 4½ yards.

Elegant Autumn Gown of Face Cloth.

No. 6404, **Page 24.** Five-gore skirt, the sides pleated where they join the tablier, the pleats held by added stitched straps. (Pleats wheel-marked on pattern.) The edge is simply hemmed. Wear over a five-gore foundation skirt, edged with corded shaped flounce (pattern in one piece, half the flounce). Smart little coat—a back, four sides, and two fronts, with very short basque. Face fronts with the cloth, with added slipstitched facings of rich white satin, and close with a single button. Line with glacé, cut on coat pattern but seamed apart. Revers collar, faced with white satin. Two-piece coat sleeve, strapped for ornament; metal buttons. 52-inch cloth, 7 yards. For patterns of beautiful cloths, send to Best's Dress Goods Co., Bradford.

Braided Tailor Gown with Belted Coat.

No. 6405, **Page 24.** Five-gore skirt, each seam developing into a pleat. Trim with straps of braid; the edge simply hemmed. Wear over a five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce). Smart little coat—a back, four sides, and two fronts, semi-fitting, held at the waist by a velvet belt, decorated with straps of the braid over the shoulders. Added waistcoat fronts of velvet, cut with velvet-faced revers which lap over the fronts. Close with hooks and eyes. A band of velvet replaces a collar, finished with the braid of top shoulder strap. Line with white glacé, cut on coat pattern, but seamed apart. One-piece sleeve on a smaller lining, with velvet cuff. Metal buttons. Good model for handsome tweed. Double-width materials, 7 yards.

Umbrella Cloth Skirt and Caracul Coat.

No 6406, **Page 24.** Two-piece umbrella skirt (seamed front and back), worn over a five-gore foundation skirt. Skirt closes at back. Pocket in the opening, or in foundation skirt. Smart coat of caracul fur, lined with white broché, and decorated with ermine collar. Could be of astrakan cloth or seal plush—a back, four sides, two double-breasted fronts faced with fur. Face collar with fur. Two-piece sleeve. Line with broché silk. 52-in. cloth for skirt, 4 yards. 56-inch plush for coat, 2 yards.

Back Views of the Four Free Patterns.

Visiting Gown of Cloth and Velvet.

No. 6407, **Page 25.** Seven-gore skirt of cloth trimmed with a broad bias band of velvet (cut on skirt pattern) headed by a silk frill. Cut a bodice lining with 3-piece front, to close on left centre panel. Tack, fit, seam, bone, leaving side and shoulder seams. Veil with a vest and yoke of lace, with a bolero back and two draped fronts of velvet. Finish seams. Lace collar. Belt of velvet. Puff sleeve of the cloth on a lining, with velvet epaulet and cuff. Deck bodice with silk frills and lace elbow frills. 52-inch cloth, 6 yards; 20-inch velvet, 5 yards.

Tailor Gown with Belted Coat.

No. 6408. **Page 25.** Two-piece umbrella skirt of fine grey tweed. Russian coat with back and two fronts cut in one with basque. Velvet belt. The collar is of velvet worked with lace motifs. Line coat with silk. Two-piece sleeve lining veiled with an elbow puff of tweed, a tweed bell cuff, and a lace-embroidered lower sleeve of velvet. 52-inch tweed, 8 yards.

Gown with Pleated Empire Coat.

No. 6409, **Page 25.** Seven-gore skirt, the tablier cut long, with shaped flounce at sides and backs, arranged in pleats (pleats wheelmarked on pattern). A band of handsome braid joins flounce to the shorter sides and backs. Close at back. Wear over the five-gore foundation skirt. Smart Empire coat to match—a back and two fronts, finished with a pleating mounted beneath a band of braid. Large collar of velvet edged with a silk frill. Cuff to match on the one-piece elbow sleeve, which is mounted on a smaller lining. Line with silk cut on coat pattern, but seamed apart. 48-inch face cloth, 9 yards. Added waistcoat fronts of broché. For patterns of autumn cloths send to Best's Dress Goods Company, Bradford.

Tailor Gown with Handsome Redingote.

No. 6410, **Page 26.** Of face cloth. The pattern of coat is in eight pieces (half the coat)—one back, two sides, one front, one cuff, half the collar, one sleeve, the sleeve lining. Lay the pattern pieces on 6 yards of 52-inch cloth, which is doubled (selvedges meeting), the back centre of collar laid along the fold so that it is cut in a single piece, the other pattern pieces being cut in duplicate. Tack together backs, sides, and fronts. Try on. Stitch and press the seams. Turn up the edge all round over a band of lino; stitch down. Face fronts with the material. Close with metal buttons and buttonholes. Cut silk or satin lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges and facings. Line the turnover collar with lino and silk and edge with galon. Sew the collar into the neck, and fell the facing over the seam. The sleeve is seamed and pressed, draped on the smaller lining. The edge is finished with a cuff decorated like collar. Sleeve is stitched into the armhole, and the coat lining is felled over the seam. Smart five-gore skirt to match, lined or worn over a foundation skirt. 52-inch cloth for skirt, 4½ yards. The puff and frill of lace blouse shows beneath the coat's cuff.

Walking Autumn Gown with Braided Coat.

No. 6411, **Page 26.** Good model for the new tweeds—a five-gore pleated skirt (pleats wheelmarked on pattern). The pleats are stitched down halfway. Wear over the five-gore foundation skirt. Elegant coat—two backs, four sides, two two-piece fronts forming pleats at seams (front and back), smartly braided. Face fronts with tweed. Line the coat with silk, cut (all but sleeve) on flat pattern, but seamed apart, the edges slipstitched to stitched coat edges and facings. Face collar with braided tweed. One-piece sleeve, tucked (tucks wheelmarked) into the braided cuff. 54-inch tweed, 8 yards.

Walking Gown of Face Cloth Trimmed with Striped Silk.

No. 6412, **Page 26.** Two-piece umbrella skirt arranged in box pleats. Pleats are wheelmarked in pattern. The pleats are stitched down for a few inches. Smart bolero, back and two fronts pleated on shoulder; the pleats (wheelmarked on pattern) are stitched down half way, and are held by buttons front and back. Line with striped silk. Collar faced with striped silk. Neat sleeve on a smaller lining, with cuff faced with the striped silk. Belt of the silk. 52-in. material 7 yards; silk, 5 yards. For cloth and silk send to Messrs. Samuel Lewis's, Holborn Silk Market, Holborn Bars, E.C.

(Concluded on Page 44.)

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Madame Myra, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or *short* coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d. post free.

"I find "Myra's a very useful journal, also very elegant."—S. B.

and backs, arranged in pleats (pleats wheelmarked on pattern). A band of handsome braid joins flounce to the shorter sides and backs. Close at back. Wear over the five-gore foundation skirt. Smart Empire coat to match—a back and two fronts, finished with a pleating mounted beneath a band of braid. Large collar of velvet edged with a silk frill. Cuff to match on the one-piece elbow sleeve, which is mounted on a smaller lining. Line with silk cut on coat pattern, but seamed apart. 48-inch face cloth, 9 yards. Added waistcoat fronts of broché. For patterns of autumn cloths send to Best's Dress Goods Company, Bradford.

Tailor Gown with Handsome Redingote.

No. 6410, Page 26. Of faze cloth. The pattern of coat is in eight pieces (half the coat)—one back, two sides, one front, one cuff, half the collar, one sleeve, the sleeve lining. Lay the pattern pieces on 6 yards of 52-inch cloth, which is doubled (selvedges meeting), the back centre of collar laid along the fold so that it is cut in a single piece, the other pattern pieces being cut in duplicate. Tack together backs, sides, and fronts. Try on. Stitch and press the seams. Turn up the edge all round over a band of lino; stitch down. Face fronts with the material. Close with metal buttons and buttonholes. Cut silk or satin lining on coat pattern. Seam and press it. Tack it in place and slipstitch the turned edges over the stitched coat edges and facings. Line the turnover collar with lino and silk and edge with galon. Sew the collar into the neck, and fell the facing over the seam. The sleeve is seamed and pressed, draped on the smaller lining. The edge is finished with a cuff decorated like collar. Sleeve is stitched into the armhole, and the coat lining is felled over the seam. Smart five-gore skirt to match, lined or worn over a foundation skirt. 52-inch cloth for skirt, 4½ yards. The puff and frill of lace blouse shows beneath the coat's cuff.

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Walking Gown of Face Cloth Trimmed with Striped Silk.

No. 6412, Page 26. Two-piece umbrella skirt arranged in box pleats. Pleats are wheelmarked in pattern. The pleats are stitched down for a few inches. Smart bolero, back and two fronts pleated on shoulder; the pleats (wheelmarked on pattern) are stitched down half way, and are held by buttons front and back. Line with striped silk. Collar faced with striped silk. Neat sleeve on a smaller lining, with cuff faced with the striped silk. Belt of the silk. 52-in. material 7 yards; silk, 5 yards. For cloth and silk send to Messrs. Samuel Lewis's, Holborn Silk Market, Holborn Bars, E.C.

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elegant."—S. B.

Food for Thought.

AFTER THE HOLIDAYS

It will be useless gaining a few weeks' health unless it can be maintained during the winter. This can only be done by proper food.

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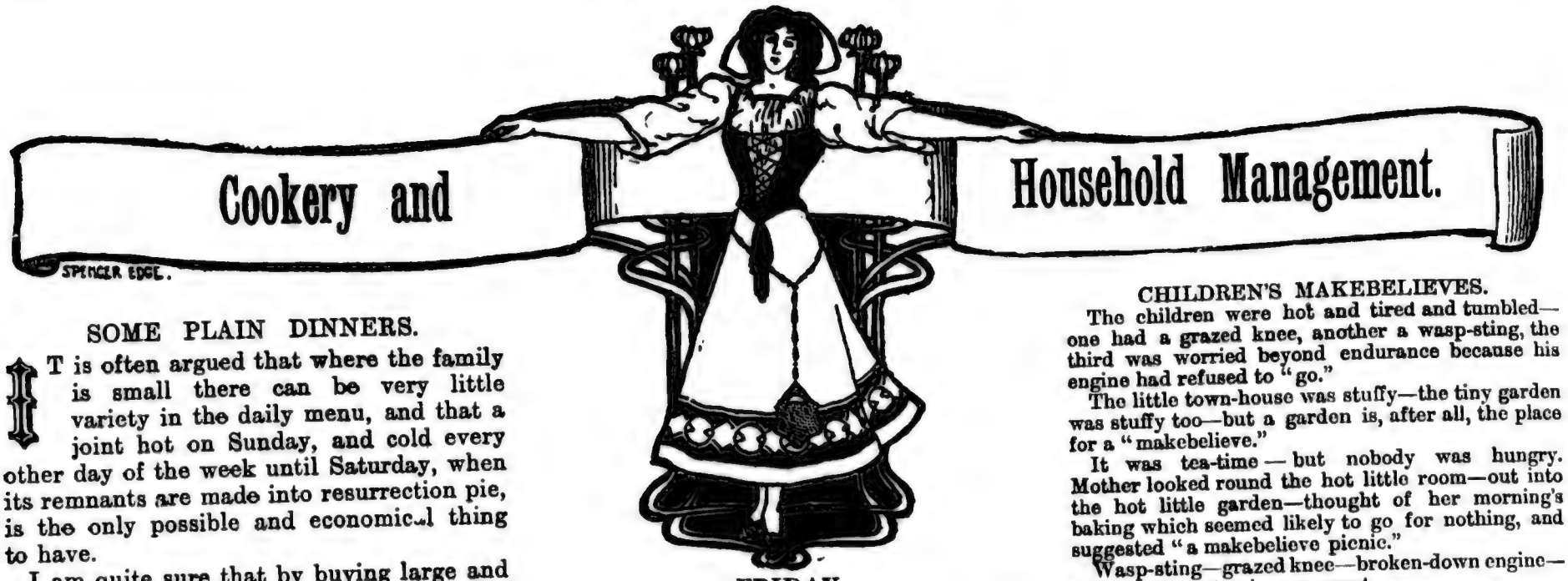

SOME PLAIN DINNERS.

IT is often argued that where the family is small there can be very little variety in the daily menu, and that a joint hot on Sunday, and cold every other day of the week until Saturday, when its remnants are made into resurrection pie, is the only possible and economical thing to have.

I am quite sure that by buying large and expensive joints no economy is accomplished, and great discomfort prevails, and where there is no enjoyment of food there cannot be as much benefit as will be derived from meals thought out with more care, presenting greater variety, and containing a greater diversity of elements calculated to call into play the whole of that mysterious agency which we call our digestion.

I give below some menus for a week, in which are viands inexpensive, easily cooked, appetising and plain, but also satisfying and nourishing.

Breakfast is always begun with porridge and milk, and its one dish besides is simple, bearing in mind that in a small house, with a small family, there is a good deal of work to be got through before breakfast, and much cooking cannot be managed.

Supper, too, for the same reason, and also on account of washing-up, is contrived so that it is either an echo of an earlier meal, as it were, or something which could be prepared early in the day.

SUNDAY.

Breakfast.—Porridge; cold boiled bacon.
Dinner.—Roast beef, kidney beans, potatoes; plum tart, custard.
Supper.—Baked potatoes (washed and scrubbed before early dinner); cold plum tart and custard; bread and cheese.

MONDAY.

Breakfast.—Scrambled eggs; porridge.
Dinner.—Cold beef, baked potatoes, salad (cold beans, cold potato, and dressing); tapioca pudding.
Supper.—Carrot soup, bread, butter, cheese.

TUESDAY.

Breakfast.—Porridge; cold boiled bacon.
Dinner.—Liver and bacon, potatoes, cabbage; baked apples, rice.
Supper.—Baked haddocks; rissoles; bread and cheese.

WEDNESDAY.

Breakfast.—Porridge; kippers; eggs.
Dinner.—Onion soup; hot-pot of mutton; jam roly-poly pudding.
Supper.—Artichoke cheese; fried roly-poly.

THURSDAY.

Breakfast.—Porridge; kedgeree; fried bacon.
Dinner.—Irish stew; bread and butter pudding.
Supper.—Tomato soup; jam puffs.

FRIDAY.

Breakfast.—Porridge; curried mince and rice.
Dinner.—Beefsteak pudding, potatoes; cornflour mould with jam and custard.
Supper.—Purée of turnips; macaroni cheese.

SATURDAY.

Breakfast.—Porridge; bacon and eggs.
Dinner.—Beef, olives, potatoes, vegetables (whatever in season, and therefore cheap); prune mould, sago pudding.
Supper.—Soup; toasted cheese.

It will be seen that soup is always arranged for supper, and for this reason: it can be partly prepared in the morning, and very easily finished off at night. It is easy of digestion, and quite sufficiently nourishing for an evening meal, and it is usually much preferred to the heavier, though more sustaining, meal of meat, which so often means indigestion and loss of sleep to those who indulge so far. Not one of these dinners requires any elaboration in preparing. An hour's work each morning will see each of them well in train.

Half an hour will cook the breakfast any day, except the porridge, and when this is regularly made the pans should be put on the fire directly the servant is downstairs, so that there is no hurry in cooking; no amount of hurry will bring to perfection a dish which depends properly upon long, slow cooking.

The objection that there must be waste where there is variety is quite futile.

It is impossible to lay down a hard-and-fast rule as to how much food to order. Some families eat more of one thing and less than other; others are abstemious. Some have larger appetites than others, but the capable housewife will soon guage quantities, and will learn by experience to have enough and to spare, but never to have enough to waste.

I shall be interested if readers and correspondents will experiment upon these dinners, and will write and tell me how much they ordered, what was left, how many people partook of them, and what they cost. Doubtless there will be considerable variety in expenditure, according to the degree of wise thrift possessed by each, and herein will lie much information interesting and instructive to all concerned.

LETITIA HOPE.

For answers on this subject see page 46.

CHILDREN'S MAKEBELIEVES.

The children were hot and tired and tumbled—one had a grazed knee, another a wasp-sting, the third was worried beyond endurance because his engine had refused to "go."

The little town-house was stuffy—the tiny garden was stuffy too—but a garden is, after all, the place for a "makebelieve."

It was tea-time—but nobody was hungry. Mother looked round the hot little room—out into the hot little garden—thought of her morning's baking which seemed likely to go for nothing, and suggested "a makebelieve picnic."

Wasp-sting—grazed knee—broken-down engine—all were forgotten in a moment.

It's easy to make believe when there's one scraggy tree under which to spread a tablecloth—easy, too, to furnish a tempting meal, provided you are catering not for hot and tumbled children, but for merry picnickers.

Currant-bread and butter, cut daintily thin to bring out the delicious flavour of the fruit, currant girdle cakes and rock cakes, both made by mother's own hands—how soon the plates were cleared! The very name of a picnic makes people hungry.

Don't you think it is quite worth while to make believe being cool and happy in the country while the thermometer stands at 80 degrees on the wall of our tiny dining room?

And isn't it worth while, too, to provide for the little ones—who feel the heat dreadfully and are restless and irritable without knowing why—food that is liberally sprinkled with currants? This delicious fruit is so easily digested and so very nourishing that it may well be regarded as the children's summer substitute for beef and mutton.

We append simple recipes for the very homely currant dainties mentioned above.

CURRANT BREAD.

This, as everybody is now fully aware, can be purchased from every good baker at a price scarcely in advance of that of ordinary bread. For home-bakers this recipe is extremely simple.

Prepare the dough exactly as usual except that *allowance must be made for the weight of the currants*, either by putting less flour, or rather more yeast, into the sponge. Work the currants thoroughly into the dough, allowing one part currants to two parts dough. A practical baker has pointed out one important fact which will be new and interesting to home-bakers of currant bread:—He tells us that currants look much brighter and more attractive in the finished article when they have been worked in *dry*—that is kept from the actual liquid of the sponge. This is just one of those little "wrinkles" which the clever and intelligent housewife, bent on making bread or cakes *look* their best as well as taste their best, will be glad to learn and remember.

GIRDLE CAKES.

Rub six ounces of good dripping into a pound of flour, add two teaspoonfuls of good baking powder and mix thoroughly. Work into this half-a-pound of dried currants, add a pinch of salt, a grating of nutmeg, and make up into a light dough with milk. Roll out on a floured board, stamp into rounds with the edge of a small teacup, bake for fifteen minutes either on a girdle or in the oven. Some cooks add a little sugar to the above ingredients, but in our own experience the general preference of little people is for the unsweetened, crisp little cake produced by the above method.

ROCK CAKES.

Rub half-a-pound of butter or good sweet dripping into a pound of flour. Stir in two heaped teaspoonfuls of good baking-powder, add a pinch of salt, a very little finely-minced fresh lemon peel, two or three tablespoonfuls of fine sugar, and a half-pound of dried currants. Moisten the whole with two eggs, well beaten, and a little milk. Make up into a rather stiff dough and bake on a greased tin, setting the rock cakes well apart from each other in little "stiff" knobs. Fifteen to twenty minutes is a sufficient time to allow for the baking of these very old-fashioned favourites.

A Lady writes from Bury:—"Your paper is so practical and up-to-date in every way."

Prize Recipes and Household Hints.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay, and often causes the competing papers to reach Mrs. Hope too late for the Competition. Competitors must write their recipes or hints each on a separate sheet, and must put *their name and address* on each.

Mrs. Hope wishes it to be understood that she cannot enter into correspondence with regard to the Hints and Recipes Competitions.

She must further remind competitors that efforts which are not accompanied by a coupon are not considered at all, and that names and addresses of *prize winners* are always printed. All efforts are welcomed, but the rules must be kept, and competitors who write "please do not publish my address" must not expect to gain prizes

PRIZE COOKERY RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following Cookery Hints:—

Fish Macaroni.—Boil ½lb of macaroni till tender in salted water. Chop in small pieces and mix with 2lb of any boiled fish free from bones. Take 3oz of grated cheese; mix in half of it. Butter some ramequin cases on a pie dish, fill and put the rest of the cheese on top with a few bits of butter. Brown in the oven, or before the fire.—Mrs. M. C. Wells, The Vicarage, Sittingbourne.

Elderberry Ketchup.—Pour a pint of boiling vinegar into a stone jar and throw into it a pint of ripe elderberries. Cover the jar and leave it in a slow oven all night. Let the liquor run from the berries without pressure. Boil the liquor for about ten or twelve minutes with six shalots, ½oz of cloves, ½oz of whole black pepper, ½oz of whole ginger. When cold, bottle and cork well.—Mrs. Watson, Mid-Devon Supply Stores, Highworth Street, Newton Abbot.

Chocolate Eclairs.—3ozs butter, 4 eggs, 5ozs fine flour, ½ pint cold water. Place water and butter in a saucepan, and stir gently over fire till butter is melted and water begins to boil; then draw to side of stove and stir in quickly and smoothly the flour, which has been finely sifted. When quite smooth and free from lumps beat in well one of the eggs which has been previously well-whisked. When this is well mixed beat in well the second well-whisked egg, then the other two in a similar manner. Place mixture on buttered tin in narrow finger shapes about 3 inches long, either shaping them with a spoon and fork, or forcing through a pipe. Place in a rather hot oven, and do not open the door for a quarter of an hour. When cooked, turn off tins, and split open at once with a sharp knife. When cold, fill with whipped cream, and ice with chocolate or coffee icing.—Miss F. M. Jackson, The Yew Trees, Littleover, nr Derby.

Tomatoes à la Bolognese.—Wash some round-shaped tomatoes, and cut through the upper part so as to make a lid, leaving it attached by skin at one side. Remove the seeds. Take as many tablespoonfuls of raw rice as there are tomatoes, add 4oz. of raw minced meat for each eight tomatoes (if not very large ones). Crop some parsley finely and a bit of garlic if liked; add 2oz. of butter, and season with salt and pepper; then mix all together. Fill each tomato and press the lid down. Put them into a saucepan, partly cover with boiling water and two teaspoonfuls of olive oil or a piece of butter if preferred. Add a little salt, and simmer for about one hour. When the rice is done serve hot.—Signorina Guarmani, Alassio, Italy.

COMMENDED AND RECOMMENDED.

When gravy is browned by burning a little sugar on an iron spoon and stirring it in, the sweetness is too perceptible. The addition of a few drops of vinegar will remove the sweet taste, and a little ketchup is a further improvement.—Gaydon.

Italian Cakes.—Boil ¼lb of rice in milk until quite tender, drain very dry; mix with six eggs, yolks and whites beaten separately, and ½lb of sugar, ½lb ground almonds. Beat all together for twenty minutes, and bake in a moderate oven.—Yorkshire.

Vegetable Marrow Soup.—Boil a large marrow till tender; rub through a sieve. Put in a saucepan a quart of milk, ½ teaspoonful of salt, some white pepper, and 1oz of butter. When the milk is hot add the marrow and stir well. It should simmer for about ten minutes, being constantly stirred.—Sittingbourne.

Bread Steak.—Cut a thick round of bread, toast it slightly. Beat an egg on a plate, and add about a tablespoonful of milk. Soak the bread in this, and pepper and salt it well on both sides. Fry a golden brown. This is a tasty and economical dish for those who take a simple supper.—Birmingham.

Fish Pudding.—A nice way of using cold fish. ¾lb of cold dressed fish, free from skin and bone, chop and pound, mix with 3oz bread soaked in a small teacup of milk, 1½oz butter, and 1 egg. Put in a buttered plain mould and bake or steam three-quarters of an hour. If baked, serve with a good fish gravy; if steamed, with parsley sauce.—Mortimer, Berks.

Snow.—This is very nice to eat with fruit. ½oz of gelatine, ½pint of hot water, ½lb castor sugar, whites of 2 eggs, juice of 2 lemons. Dissolve the gelatine in half a pint of hot water. Put the eggs, castor sugar, and lemon juice into a deep dish, add the dissolved gelatine and whisk well for a quarter of an hour, or until the mixture becomes a stiff froth. Put it into moulds and allow it to set.—Bolton.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST HOUSEHOLD HINTS.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following Household Hints:—

To Save Fatigue in Making Jam.—Put a few pebbles, a little smaller than a walnut, in the preserving pan. When the jam boils they will move round, acting as a spoon, and will save much labour in stirring. A little experience will enable you to judge the size of the stones, which must be light enough to be moved about by the boiling fruit. The jam should be stirred now and then to see that all is well. When done, care should be taken that the pebbles are safely out. I have used the same, which I got out of my garden, for years. They are washed, and kept in a paper bag.—Mrs. Skirrow, 66, Francis Road, Edgbaston.

A Good Carpet Cleaner.—Dissolve 1oz of good yellow soap in one pint of boiling water. Allow the solution to cool, then mix with it 1½oz of liquid ammonia, and 2oz of methylated spirits. Stir well together and make up to 1 quart with cold water. To use, scrub well into the carpet with a stiff brush, when it will be found to have a wonderful effect, bringing up the colour like magic. It also cleans paint and woodwork if mixed with a little hot water.—Miss Bedford, 12, Priory Crescent, Lewes.

To Preserve Scarlet Runners or French Beans for Winter Use.—Cut beans ready for cooking, put in an earthenware jar a layer of beans and salt alternately until the jar is full. When required, take out of brine a few hours before cooking and put into cold water, when they will be as fresh as when first picked.—Miss M. Boxall, 20, Holland Road, Brixton, S.W.

A Valuable Hint.—Few people know that a restless patient is made much more comfortable if the corners of the under sheet are carefully pinned to the under-side of the mattress with safety pins. Draw the sheet tight and pin it securely. It will be a relief to the suffering patient.—Miss Lottie Jeary, 104, Albert Road, Jarrow-on-Tyne.

HOUSEHOLD HINTS COMMENDED AND RECOMMENDED.

A soft bristled black-lead brush will be found an excellent medium for removing dust from window sills, wainscots, and other irregular painted surfaces. Not only is the dusting more effectually done, but the time required is considerably less. Keep the brush solely for dusting purposes, and wash occasionally.—Warwick.

To Clean White Coral.—Dip the coral in vinegar, then let it soak for an hour in a solution of chloride of lime and water (1 part lime and 4 parts water). Afterwards let it lie in cold water for two or three days, changing the water a few times.—Darlington.

To Remove Tea Stains from a dress use methylated spirit. This will not spoil the colour, but will remove the stain at once. This has been tried with great success.—Gloucestershire.

To Colour Eggs.—Most people prefer brown eggs to white. In reality the flavour is identical, but still, it is pleasant to humour these little whims. Pour a dash of tea into the water in which white or "pale-faced" eggs are boiling, and all parties will be satisfied.—Weybridge.

To Prevent the Smell of Cooking.—Sprinkle the shelves of the oven with whitening, this will entirely take away all unpleasant smell.

Before using new enamelled cooking utensils—grease the inside with butter. This prevents the enamel from cracking and chipping afterwards.—Wimbledon.

Collar Starch.—1 cup raw starch blended with 1 cup cold, add 2 cups hot water, mix thoroughly; add 1 tablespoonful of lump borax to ½ cup of boiling water, add this to the rest of starch, and always stir the starch before putting any article in it.—London, S.W.

A correspondent writes: "The book in itself is the greatest help to me, and I am convinced, from my own observation, that Myra's Journal is the most up-to-date, even most advanced, fashion journal published. I frequently find things in it that are a long way in advance of the information contained in the other journals, all of which I purchase regularly. . . . It is never disappointing, as most of the others are."—W. J, P.

Cookery Recipes and Household Hints
PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each, for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before October 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

Competitors must write their Cookery Recipes and Household Hints on *separate sheets*, and put their name and address on each. The sheets can then be pinned together with each coupon.

COOKING RECIPES.
OCTOBER, 1906.

HOUSEHOLD HINTS.
OCTOBER, 1906.

The Result of the Competition will be published in the December number.

"I have been a subscriber for years and always find your journal so useful."—C. A.

EMPLOYMENTS.

THE LIVERPOOL UNION OF WOMEN WORKERS.

I HAVE been asked to draw attention to the above union, and to the Liverpool Ladies' Sanitary Association, which trains ladies as children's nurses, and to the Loan Training Fund. Incidentally I am informed that if "more educated workers could be induced to take up work as assistant matrons in orphanages and other institutions for training girls as domestic servants" it would be well, as "the demand for good laundry matrons, experienced in institution work, is very great."

LADY NURSES.

As the report states that while the committee "are much gratified by the great demand for nurses trained by the L.L.S.A., at the same time they regret that it has been impossible to supply so many of the vacancies offered by employers during the past year, and hope that in the future this difficulty will be met by a great increase in the number of students who enter for the training." They also record that "all the six students who obtained certificates in July were successful in obtaining appointments before the end of the month."

CURRICULUM.

The course of training lasts for six months. Three months are spent in a specially-arranged ward of a children's hospital. The other three months are devoted to the following subjects: Nursery sanitation, lectures on hygiene, and the general management of children, including some simple lessons in housewifery. Ambulance: Lectures of the St. John Ambulance Association, lessons in the theory and practice of kindergarten for nursery use, practical training in plain needlework, knitting, and a little millinery, with special reference to making children's clothes at the Technical College of Domestic Science. Tuition fee for the course, £8 8s. The students must provide their own board and residence during the training. A suitable boarding-house can be recommended to those whose homes are not in the neighbourhood. Students must also provide their own materials for the needlework course, and any books which may be necessary. At the end of the training, students whose work has been satisfactory receive a certificate. When they have completed two years of service, if the reports from their employers are satisfactory, they receive a final certificate and the badge of the association, in the form of a silver brooch. On receiving the first certificate, nurses are entitled, and are expected, to wear the uniform of the association, which consists of a plain dark green bonnet and cloak. The sessions begin in January, May, and September.

OPENINGS.

A young nurse student who has been trained by the L.L.S.A., but who has had as yet no experience in a post, can begin at a salary ranging from £20 to £25; while a fully-qualified experienced nurse may reasonably expect any sum from £30 to £40 a year. One student who has received her final certificate and badge from the association has obtained a post abroad where she is to receive a salary of £60 a year.

LOAN FUND.

This is a fund from which grants—without interest—are made to women between seventeen and forty who are about to enter on a course of professional or technical training.

MATRONSHIPS.

"Owing to the large number of institutions in this country, vacancies for matrons constantly occur, and there is a great demand for trained, competent workers; further, there is not only plenty of work, but also a very fair prospect of promotion to head matronships and lady superintendentships. Applicants who intend to take up this work should equip themselves by a thorough training in some branch or branches of domestic science, and also by gaining the necessary experience in institution, discipline, and routine. Fortunately it is now quite easy to obtain the latter, as the heads of so many excellent training homes are willing to take probationers. The probationers give their services for a year in return for training, board, and lodging, and in some cases they receive a small salary. These two facts, the number of vacancies that occur, and the possibility of obtaining free training, should be an inducement to more workers to enter this profession."

I think the above facts may be of interest to many of my readers, and I shall be glad to forward any letters or to answer any further inquiries.

No. 6424.—Pleated Gown Trimmed with Shaped Frills.

For Description see Pages 30 to 34.

Price of Paper Patterns, Skirt, 1s. 0½d.; or Coat, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

FREE REGISTER.

NOTE.—All letters should be sent to Miss Winifred Jones. Correspondents are especially requested to observe this, as otherwise delay inevitably occurs.

Letters requiring a private reply must enclose a stamped envelope and twelve halfpenny stamps.

Will correspondents kindly note that notices for re-insertion must either be cut out of this list, or copied on one side of a separate sheet of paper. In every case the Register number must be put at the top left-hand corner.

No. 372.—Blouses made from 2s. 3d. Underclothing: nightdresses from 1s. 6d.; chemises, 9d; drawers, 9d. Children's garments. Boy's suits. Renovations; alterations. Recommended.

No. 381.—Costumes complete, or ladies' own materials. Blouses. Highly recommended. Moderate charges. (Tonbridge.)

No. 443.—Dresses made from 10s. 6d.; costumes from 12s. 6d.; blouses, 4s. 6d. Renovations neatly executed. (Battersea Park.)

No. 444.—Costumes from 18s. 6d.; evening gowns, 21s.; shirt blouses, 5s.; trimmed blouses from 8s. 6d. Fit and style guaranteed. (N. Kensington.)

No. 445.—Dressmaking business wanted in small town or large village, where there is a good opening. Might buy. Experienced tailoress. Partnership not objected to.

No. 446.—Daily work as assistant dressmaker wanted, at ladies' houses preferred. Might go as partner.

No. 447.—All kinds of plain needlework, shirts, underclothing, executed very inexpensively. (E. Dulwich.)

ANSWERS TO CORRESPONDENTS.

Draper's Clerks in South Africa (M. S.).—I learn on good authority that there is employment in South Africa for capable women workers of all kinds, so I hope the various societies of which I sent you addresses and particulars have been able to help you.

Opening for Dressmaker Wanted in Small Town or Village (J. M.).—I am putting you on my Register, and I sent you particulars of all the likely openings on my Register. I think, as you are an experienced tailoress, you would do well to devote yourself almost entirely to the making of coats, coatees, and skirts. I am certain there is a great opening for this, and anyone who can turn out a well-cut coat and skirt at a moderate price would never want for work. If you could get a partner to join you who makes a specialty of blouses you should do well. I think there is an excellent opening in London for such workers, but as you specify a small town or village that is useless. Possibly some of my readers may be able to help you as to likely places.

Work Club for Ladies (Crowle).—I note that you are starting a work club for ladies who want to add to their incomes, and which is open to members in any part of the kingdom. Of course you know that there are a good many such societies in various parts of the country, and I presume you can offer enquirers and intending members excellent proofs of your bona fides, as you are, of course, a stranger. I have both your letters, but in neither of them do I find the particulars you mention of the club. Perhaps you will let me have these. I fear a good deal of ladies' work is quite unsaleable, save by way of charity, but for fine plain needlework, blouse-making, &c., there seems to be a demand. In any case, if you send me a short notice it shall appear in my Register.

(*For further Answers see page 46.*)

"My sisters . . . have recommended me to try your patterns as being so satisfactory in every respect."—A. M. R.

Two they say is company:
Three is not, I've heard.
But this I know is never so
When "Peter's" is that third.

ORIGINAL AND BEST.

PETERS

SWISS
MILK-CHOCOLATE

Health and Beauty.

All Letters to be addressed to "Mistress Anne Page." "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

FIFTY SAVE ONE.—You must not think of calling yourself "old" for many years yet, but you are quite right to begin to think of warding off wrinkles, and you should massage every night with that splendid wrinkle-preventing preparation, "Crème Suprême," which is sold for 2s. 9d. by Mr. Mason, 25, Bank Plain, Norwich. Mr. Mason will send you, free of further charge, his well-illustrated book on "Face-Massage," which shows all the movements you should practice in order to keep your muscles firm, and your complexion smooth, and a nice colour.

FAY.—If you are living in the country, at the address from which your letter was posted, you can cure your skin of freckles by persistently washing your face and hands twice a day with buttermilk (to be obtained on churning days from any dairy-farm), and by dabbing the affected skin every night with a lotion which you can make for yourself by dissolving a teaspoonful of crushed sugar-candy in a tablespoonful of warm rainwater, then stirring into it two tablespoonfuls of juice squeezed from fresh lemons, and to this mixture adding one ounce of glycerine of borax and two ounces of rosewater. You must obtain the last two ingredients from a chemist. In the mornings do not use any soap, but well wash your face and hands in new milk, and you will soon have a clear complexion. But if you are obliged to return to a town at the end of the holidays your better plan will be to just use the milk and the buttermilk now, and on your return to get from Mr. Mason, 25, Bank Plain, Norwich, a 4s. 6d. case of his "New Freckle Cure," which consists of a special cream to be rubbed into the freckled skin at night, and a lotion to be used after your bath in the morning. This cure will really get out the most obstinate freckles, be they brown or yellow, and will greatly benefit the complexion at the same time.

BELOVED.—As your stoutness seems to be increasing every day and is not confined to any one part of your body, you cannot have a more satisfactory remedy, nor a less expensive one than "Dr. Ritter's Capsules," a box of which will be sent you post free for 2s. 9d. by O. E. Horn, D.Sc., Bournemouth. These capsules are quite harmless, but most effective in their results. You should go for a long and brisk walk every day into the country, and you should not eat white bread nor potatoes.

BELOVED ONE.—A good way to wash your head in order to keep your hair light would be to beat up the yolks of two eggs with a tablespoonful of lemon juice, and to rub all of this mixture well into all the skin of your head, then to rinse it all out again with warm soft water, the first bowl quite warm, and the second nearly cold. You must rinse until all trace of the egg mixture is out, and then dry with hot towels. You must not use soap with this shampoo. When you write again will you please give me your full name and address, which I promise you shall not be published?

E. M.—I forwarded your letter to the lady who manages our Paper Pattern Department, and I hope by now you have received what you wanted, and are pleased with it.

MISS C.—You can get those very large fringe nets made of real hair, to cover the whole of your hair when it is fashionably dressed, and to keep it *bien coiffée* all day, for 2s. per half dozen, from the Manager of the Universal Hair-manufacturing Co., 84, Foxberry Road, Brockley, London, S.E. Send a little bit of your hair, and it will be perfectly matched by the nets.

FIANCEE.—(1) The books that will best help you to become a good housekeeper, so that you need not perplex yourself into wrinkles by the problems that you may have to face daily, as you say, are "*The New Home*," "*How to Keep House*," and "*The Single-Handed Cook*," which you can get through your own bookseller for 3s. 6d. each. They are written by the premier authority on such subjects, Mrs. C. S. Peel, and published by Archibald Constable and Co., 16, James Street, Haymarket, London. (2) As you are slightly inclined to rheumatism, you should take a course of Clarke's Blood Mixture (2s. 9d. at every chemist's) before the winter really sets in, and again in the early spring. (3) To arrest the threatening greyness in your future husband's hair, he should not wash his hair with water oftener than once a month, but he should, every night, rub into all skin of his head a little of the Petrolate of Sulphur, which is sold for 2s. 6d. by Mr. Mason, 25, Bank Plain, Norwich. This will keep off all that scaly scurf, too, and make his hair grow much thicker.

MOTHER OF PRETTY GIRLS.—To preserve their beautiful purity of skin your daughters should have a tepid bath every morning, and when in it lather themselves well with a really pure soap. I can recommend Vinolia, which all chemists supply, with all confidence, as I have known it for many years. After the lathering they must rinse well, and then dry themselves with brisk towel friction, and should then powder their armpits and wherever one skin touches another with Vinolia powder, which will keep them cool and dainty all day. I shall be glad to have your other questions, and it is a pleasure, and not a trouble, to correspond with so thoughtful a mother, and with one who puts her questions so clearly.

SUSIE.—I am so pleased to hear that on seeing in a copy of that charming weekly penny fashion paper, "WOMAN," an advertisement of Coleman's Extra Strong Nerve Pills you sent for the free sample, and that after taking these pills your father is so much better in health. There is such a lot of useful information in "WOMAN" every week about dress and cookery, and house furnishing and keeping without extravagance, how to be healthy and beautiful, and what other women are doing all over the world, and such lots of new features from time to time, that I am sure it will be worth your while to take it, as well as to continue to take MYRA'S JOURNAL, in which you find the fashions and the four free patterns every month, and all the practical advice on all subjects so useful.

SLIP OF A GIRL.—(1) An excellent exercise for strengthening and widening your chest is done as follows:—Get a length of brass or wooden curtain rod that will reach from your armpits to the ground when you stand up as straight as ever you can. Grasp this as near to each end as you possibly can, so that when you raise it over your head the palms of your hands will be turned towards the ceiling. Bring that rod as far down in front of you as you can without stooping, and then take it straight up over your head and as far down behind your back as you can, while you stand steadily, and while you keep your arms stiffly stretched at the elbow. You can allow the upper part of your body to sway backwards in taking the rod over your shoulders. As you become more *au fait* at this exercise you can take your hands gradually away from the ends of the rod, bringing them nearer to the centre, but at first you will find this difficult. The exercise is best done for ten minutes night and morning, when you have your nightdress on. (2) Mme. C. K. Temple, The Temple Association (Dept. 45), 10, Pugh Place, Golden Square, London, W., sells the Temple Nerve and Flesh Food, which will soon enlarge your bust. You must please write to her for full particulars of this if you desire to have them.

SELAH.—As elegant a corset as you can have for 7s. 11d. is the "H. S. Mary Anderson," which your draper ought to be able to get for you. If you will write to the manufacturers of the "H.S." corsets, Messrs. H. Sherwood and Co., for their new "Illustrated Booklet M" you will see models for all sorts of figures, and can select the one you think will best fit you. Then take this book to your draper, and you will have no difficulty again in the matter.

MIDDLE-AGED.—(1) Get Mr. Mason (25 Bank Plain, Norwich) to send you a book called "*Beauty of Figure*," by Deborah Primrose (2s. 9d., post free), and then work for a quarter of an hour every morning before taking your bath, at the exercises for those inclined to over-stoutness, which are described and well illustrated in Chapter XI. You will soon lose that stiffness at the waist and the excessive bulk below it. (2) You should not eat white bread, because, being starchy, it tends to fatten without nourishing, and it also tends to cause constipation, which is one of the ailments that so often plague stout folks. You will be wise to give up that early cup of tea for the rest of the autumn, and to take a teaspoonful or so of Eno's Fruit Salt in half a tumbler of cold water directly after your bath.

AMBITIOUS.—You can make your eyelashes grow long, dark, and silky by putting a mere trace of James's Herbal Pomade (1s. 3d., secretly packed from Mrs.C. James, 268, Caledonian Road. London, N.) on the margins of your eyelids every night with your finger tips.

EXCELSIOR.—I am sorry to hear that your severe course of study has been the indirect means of making your hair recede from your temples until you fear the whole front of your head will soon be quite bald. The best thing you can do will be to hide the disfigurement by wearing a "West End Fringe," which, though worth a guinea, is being sold to our readers at present for 6s. 6d., by the International Hair Co. (Dept. M.J.), 10, Newman Street, Oxford Street, London, W. This will be of beautiful wavy hair to match your own if you will send a pattern. While you wear this you can be thoroughly treating your scalp, so that in two or three months time you will find your own hair has grown thickly again, and the treatment I advise is this:—Every night and morning well wash the part of your scalp from which the hair has fallen out with a liberal lather of Wright's Coal Tar Soap. Sponge this all off again with hot water, dry, and then at night rub the skin, until it glows, with "Petrolate of Sulphur" (2s. 6d. from Mr. Mason, 25, Bank Plain, Norwich), and in the morning with the following lotion, which please let the above Mr. Mason dispense for you:—Rj. Tr. Canthar., grammes 15.0; Ammon. Carb., grammes 2.0; Glycerin. boracis, grammes 5.0; Spt. Rosmarini, grammes 15.0; Aq. Rosæ, ad grammes 120.0. Misce fiat lotio. M.d.u.

CARMEN.—There is only one sure and certain remedy for superfluous hair, and that is to have it removed by the process of electrolysis. This destroys each root, so that no hair can grow again from that. If you can go to a reliable operator you should do so without delay, but if this is impossible you should write to Madame P. Tensfeldt, specialist in electrolysis treatment, 33, Shandwick Place, Edinburgh, for particulars of her method of home electrolysis, which the sufferer from superfluous hairs can perform on herself.

"Being a dressmaker, I find your journal most useful to me, and feel I do not like to be without it."—F. M.

THE OATINE GIRL.

Write for a FREE SAMPLE of any of the OATINE PREPARATIONS.

You need these Preparations this changing weather—so do your family.

Without their aid it is impossible to keep the skin healthy, soft, and clear from blemish; or to alleviate painful roughness caused by changeful weather, raw winds, or sea bathing. The woman who uses Oatine has a clean, clear skin in any weather, place, or climate.

We guarantee these Preparations to be absolutely pure: the very best. Carefully manufactured by the same firm who make the great face cream

OATINE.

OATINE FACE CREAM.

Oatine is the new cream that is making so many complexions clear and beautiful. Does not grow hair. Removes from the pores the dust and dirt soap and water cannot reach, and brings real cleanliness and natural beauty. Price **1/3** per jar. **Larger size, containing four times the quantity, 2/6.**

We also supply

OATINE BALM. 1/3 and 2/6 a bottle.
OATINE FACE POWDER. In boxes, 1/6.
OATINE TALCUM POWDER. 1/3.
OATINE TOOTH PASTE. 1/6.
OAT-CREAM SOAP. Box containing 3 Cakes, 2/6.

OUR UNIQUE OFFER.

Write us now for a Free Sample of any one of the above preparations you wish to try, and we will send it to you at once, together with 24-page booklet, giving directions for the proper care of the complexion and health, **absolutely free.**

We make this offer in order that you may try these splendid toilet preparations, unique in quality and purity, and convince yourself of their merit.

If you order any one or more of these Preparations, however, either through your chemist (in which case please write us saying through whom you have bought) or direct from us, enclosing remittance, we will send you a complimentary box containing samples of all of the above preparations **absolutely free.**

All the preparations mentioned on this page can be purchased at any chemist, store, &c., including all Boots' Branches.

OATINE,

137, Denman St., London Bridge, S.E.

A NEW AND ECONOMICAL CULINARY HANDBOOK

IS THE

"IDEAL COOKERY BOOK."

BY MISS LILIAN CLARKE.

It contains over 200 carefully tested recipes for

SAVOURIES, PASTRY, CUSTARDS, PUDDINGS, BLANC MANGES, CAKES, BON BONS, BISCUITS and BEVERAGES.

A Reliable Guide to Home Cooking . . The Best, Cheapest, and most Practical.

PRICE 6d. Post free, 7 stamps.

BEETON & CO., LTD., 10 & 11, Fetter Lane, London, E.C.

2/- INSURES YOUR COMPLEXION

DR. HARLAN'S BEAUTY-CUP MASSAGE

For the Face, Neck, Arms and Body.

Hundreds of unsolicited testimonials.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.)

Address, **M-HIGHWATER LABORATORY Co.,**
1-6d Exchange Building, Southwark, London.

SUPERFLUOUS HAIR

MARVELLOUS SUCCESS.

We have an absolute and permanent cure, entirely free from anything hurtful or injurious to the most delicate skin, never failing to entirely eradicate the strongest growth, destroying the roots so completely that the annoyance

WILL NEVER RE-APPEAR;

and to prove the correctness of the above statement, we will send absolutely **FREE,** securely packed and free from observation, with medical certificate and testimonials, a sample to all who enclose three penny stamps.—Address MANAGERESS, **TAYLOR & CO.** (Dept. 34), **149, Fleet Street, London, E.C.**

This Cure bears the Government Stamp.

"The desire to possess Beauty is keenest where refinement is strongest."

YOUR BUST DEVELOPED SIX INCHES

FREE. **The Secret FREE for a BEAUTIFUL BUST and a PERFECT FIGURE.**

Do you feel yourself deficient as to a plump, well-rounded figure? Is your bust measurement all that you desire? Are there hollow places above and below your collar-bone? Whatever you may lack in the way of perfect form or figure Nature will supply for you if you use the **DIANO** method. A request from you to the ESPANOLA Co. will bring to you, free of cost, a sealed package in plain wrapper giving you full information how you can, in the privacy of your own room, increase your bust measurement six inches in a short time and develop and perfect every part of your form. They also send free new beauty book, showing photos from life, with testimonials from many prominent society ladies, who have used this safe, sure and rapid method. Write to-day, and enclose stamp to pay postage.

Lady Manager, K. G. ESPANOLA MEDICINE CO.
(Dept. 125), 203a, Regent Street, London, W.

GENERAL WEAKNESS

Dr. W. T. W—, of Dorset, writes: "My patient, a lady, was suffering from general weakness and troublesome headache, which distressed her very much. Dr. Hommel's Hæmatogen had a most decided effect after taking it a few days, the headache disappeared, and it was remarkable how strong she became in so short a time."

AND HEADACHE

DR. HOMMEL'S HÆMATOGEN is a Fluid sold in Bottles only, not in capsules or other forms. Price 2s. 9d. From Chemists and Stores.—Free Pamphlet from Nicolay & Co., 36, St. Andrew's Hill, London. E.C.

DESIGNS for FANCY DRESS

Edited and Arranged by Mrs. C. S. PEEL.

Contains over 120 Illustrations of Costumes for Ladies, Children and Gentlemen.

Price TWO SHILLINGS.

The best and cheapest Book of the kind.

To ensure early delivery Orders for Copies should now be sent to THE PUBLISHERS,
10 and 11, FETTER LANE, LONDON, E.C.

HAIR DESTROYER.

JAMES'S DEPILATORY instantly REMOVES SUPERFLUOUS HAIRS from the Face, Neck, or Arms, without injury to the Skin. Of all Chemists, or sent with directions for use, free from observation, on receipt of postal order for 1/3, 2/3, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

LUXURIANT HAIR.

Long flowing Eyelashes, Eyebrows, &c., are QUICKLY PRODUCED by using JAMES'S HERBAL POMADE. It is invaluable for the production of Whiskers, Beard, and Moustachios; it causes the Hair to grow on Bald Places and Scanty Partings. Of all Chemists, or a box (with directions) sent, free from observation, on receipt of postal order for 1/3, 2/2, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

MARVELLOUS WEST END OFFER
HAIR NATURAL AND BEAUTIFUL
DIRECT FROM MANUFACTURERS SAVE 50 PER CENT.

Empire Puffs, as illustrated, 4/6, or with 3 Coils, 2/6. Latest Parisian Fashion.

TAILS OF BEST QUALITY PURE HAIR.
16-in., 2/6; 18-in., 3/6; 20-in., 5/-; 22-in., 7/-; 24-in., 11/6; 26-in., 15/-; 28-in., 20/-

¾ Circular Frames Covered with Long Natural Hair, beautifully Waved, 10/6.

Cheapest House in the Kingdom.

TRANSFORMATIONS ALL AT 30/-
Best Quality Hair only used.
Usual West-End Price, 5 Guineas.
Other designs, all at 30/-
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FRINGES, all at 6/6.
Worth a Guinea.

FRINGE NETS
Largest Size,
2/- ½-doz.; 3/9 doz.
Made of Human Hair.

Ours is a Private West-End Establishment, not a Shop.

We send Easy Self-Measurement Form for Ladies unable to call.

WRITE TO-DAY for our Illustrated Booklet of Transformations, Fringes, &c., entitled "HOW TO BE BEAUTIFUL." Post Free to any part of the World.

WIGS Ladies' or Gents' Best Plain, 42/-
Theatrical Wigs also a Speciality.

THE INTERNATIONAL HAIR CO.,
(Dept. M. J.)
10, Newman St., Oxford St., London, W.

Manageress seen daily, 10 to 6. Saturdays, 10 to 1.
Beware of Firms TRADING on our reputation.

Expert Workmanship. Orders by post receive personal supervision. Satisfaction guaranteed.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, October, 1906.

DRESS AND MILLINERY.

MILLINER, from Louise, Regent Street, models from 2s.; makes cheap, smart millinery, blouses, gowns; all renovations, including furs, feathers.—Elise, 68, Great Russell Street.

MILLINERY LESSONS; personal instruction; prospectus free.—57, Upper Gloucester Place, Dorset Square, W.

A Grey Check THREE-QUARTER COAT, 8s. 6d., cost 21s.; worn only few times. M3621

Smart pleated PLAID COSTUME, good condition, cost 45s., sell 25s. 6d.; approval, deposit. M3622

TROUSSEAUX, LAYETTES, ALL UNDERLINEN, by hand or machine; dolls dressed; bathing dresses; ladies' skirts, blouses; knitting and crochet every description; smocked frocks; artists' and cooking aprons; children's overalls and pinafores; dainty bazaar articles; lovely chemise tops, pinafore yokes. M3612

Brown EOLERO COSTUME, 7s. 6d., 23-37. Approval for postage. M3615

Unmade champagne embroidered VOILE ROBE; this season's: two guineas. M3613

Black Cloth DRESS and ETON COAT-10s.; 38, 27, 42; particulars postage. M3619

Pretty black HAT, trimmed roses; good as new; post free, 5s. 6d.; bargain. M3618

Good grey SKIRT, 24, 40; COAT, BLOUSES, silk, etc., GOLF JERSEY—lot, 10s. 6d.—Mrs. Heskethe, 29, Bligh Street, Wavertree.

HATS TRIMMED, remodelled; stoles cleaned, dyed, renovated. — Jeanne, 77, Claverton Street, London.

NEEDLEWORK, DRESSMAKERS, &c.

Smart DRESSMAKER, RENOVATER.—Miss Clinch, 14, Barrow Hill Road, St. John's Wood.

Dainty BLOUSES, day or evening. Stylish dresses, &c.—97, Lavender Hill, S.W.

Smart MILLINER, DRESSMAKER, RENOVATER. — Ladies' own materials. — Madame White, 638, Fulham Road, S.W.

CORSETS.—Self-fitting system for Ladies, for country and abroad.—Hélène, 1, Harley Street, Battersea.

Gentlewoman (practical dressmaker) seeks PARTNER (ditto) with small capital to start business. M3623

LADIES' and CHILDREN'S DRESSMAKER; terms moderate.—Joan Comerford, 220, Dalling Road, Shepherd's Bush.

DRESSMAKER, daily, dresses, blouses, mantles, renovations.—Bates, 70, Grosvenor Road, South Belgravia, S.W.

CORSETS made to measure; ladies' patterns copied at the shortest notice; illustrated price list, measurement form, and patterns post free; corsets cleaned and repaired equal to new; trial solicited.—Madame Lee, Corsetière, Elm Grove, Southsea.

Experienced DRESSMAKER; loose furniture covers, all kinds of needlework; town or country.—Miss White, 26, Rockley Road, West Kensington.

Needlework, Dressmakers, &c.—PRACTICAL DRESSMAKER would be glad of work (renovations and repairs) at ladies' own houses or at home.—Address, Mrs. Davey, 51, Blatchington Road, Hove.

CROCHET TRAYCLOTHS, DOYLEYS, CHEMISETOPS, and PINAFORE YOKES; approval.—Miss H. Cass, 19, Albion Place, Maidstone.

DRESSMAKER; daily; renovations; alterations; town or country.—Mrs. Goddard, 28, Turneville Road, West Kensington.

Millicent Wright, 45, Artesian Road, Westbourne Grove. Ladies' own materials; moderate.

Needlework and Dressmakers.—LADIES' MATERIALS MADE UP; latest styles.—Jeanne, 77, Claverton Street, London, S.W.

JEWELLERY.

For Sale, silver-plated afternoon TEA SERVICE, richly gilt, hall-marked silver sugar tongs, beautiful tray, 19s. 6d.; unused; approval.—Elise, 68, Great Russell Street.

For Sale, heavily silver-plated AFTERNOON SERVICE, richly gilt, hall-marked silver SUGAR TONGS, and beautiful TRAY, 19s. 6d., unused.—Elise, 68, Great Russell Street.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

Mrs. Langford Hannan's Brewery, Kalgoorlie, West Australia, exchanges jewelled, actresses, and view POSTCARDS. Equivalent value returned.

"PICTURESQUE EUROPE," 5 vols., well bound, good condition, £1 the lot.—H. Felgate, 1, Goldsmith's Row, Hackney Road.

Miss R. Allpress exchanges PICTURE POSTCARDS.—Hannan's Brewery, Kalgoorlie, West Australia.

To Sell cheap, BOOKS—Hypnotism, Mesmerism, Magnetic Healing, Thought Reading, Clairvoyance, &c. M3616

Good STAMPS for Sale; proceeds charity; members wanted for club.—Apply, Secretary (G.R.G.S.B.), 19, Downside Crescent, Hampstead, London.

MISCELLANEOUS.

DOLLS' WOOLLEN BOOTS and SHOES, 1d., 2d.; tams, 1d., 4d.; postage extra. — E. Paxman (Miss), 1, Goldsmith's Row, Hackney Road.

Frister and Rossman's TREADLE MACHINE. Good order. Cheap.—5, Childebert Road, Balham.

LADIES' EMPLOYMENT; samples, 1s. 2d. Easy situations, particulars 3d.—E. S. Linnett, G.P.O., Brackley.

Splendid STUFF REMNANTS, 5s. and 10s. parcels, carriage paid.—Worth, Shipley, Bradford.

PATCHWORK, pieces, silk, velvet, 100 for 6½d.—H., 39, Newtown Road, Hove.

CRAPE PAPER PLAITING for hats. Eight yards, 7-strand, 1s. 3d., any colour. M3620

Lady wishes to WASH BLOUSES and LADIES' UNDERLINEN and CURTAINS by hand at reasonable terms.—Mrs. Groncke, 123, The Grove, Camberwell, S.E.

Patients visited for MEDICAL and FACIAL MASSAGE. Highest medical references. Established 1895. Pupils trained. —19, Wellington Street W., Higher Broughton, Manchester.

OUTFIT for 10-inch doll, 4 articles, 6d. Postage extra.—H. Hammond (Miss), 1, Goldsmith's Row, N.E.

A lady would be grateful for LEFT-OFF CLOTHING of good quality; must be very cheap. M3624

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. OCTOBER, 1906.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

L. C. Andrews, 31, Conewood Street, Highbury, N.
Miss Anton, 54, Beresford Street, Camberwell, S.E.
Miss P. Austin, 16, Stephen Street, Tottenham Court Road, W.C.
Miss E. Baker, 4, Strode Road, Forest Gate, Essex.
Miss Bates, 70, Grosvenor Road, South Belgravia, S.W.
Miss E. Besant, 147, Stockwell Park Road, Brixton, S.W.
Miss L. Bradbury, 335, Wightman Road, Hornsey.
Miss Clinton, 54, Beresford Street, Camberwell, S.E.
Miss Cooper, 5, Richmond Place, Lillie Bridge, S.W.
Miss Coward, 82, Camden Road, N.W.
Mrs. Davey, 51, Blatchington Road, Hove.
Miss Dodd, 7, Gorringe Park Parade, Tooting Junction.
Mrs. R. Dolling, 40, Shirland Road, Maida Hill, W.
Miss Gilbert, 28, Gloucester Road, Croydon, Surrey.
Mrs. Goddard, 28, Turneville Road, West Kensington.
Mrs. Gray (Tailoress and Repairing), 11, Wynne Road, Brixton, S.W.
L. Haynes, 200, Great College Street, Camden Town, N.W.
Miss Lyth, Denstone, near Uttoxeter, Staffs.
Miss M. May, 50, Algar Road, Isleworth.
Miss Pearl, 14, Bruce Road, South Norwood.
Miss Smith, 3, Pakeman Street, Hornsey Road, Holloway, N.
Miss R. Voysey, 8, Davis Road, Acton Vale, W.
Miss E. White, 26, Rockley Road, West Kensington Park, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 35, Westbourne Park Villa, Bayswater, W.
Miss E. Besant, 147, Stockwell Park Road, Brighton, S.W.
Mrs. Brown, 2, West Marland Terrace, Southampton, Hants.
A. and M. Burnett, 7, Windsor Road, Holloway, N.
Mrs. Bushby, 42, New Fenlake, Bedford.
Miss Clasper, 14, Broughton Road, South Shields.
Miss Clinch, 14, Barrow Hill Road, St. John's Wood.
Mrs. E. Cocksedge, 11, Cadogan Street, Cadogan Square.
Miss J. Comerford, 220, Dalling Road, Shepherd's Bush.
Edward M. Deighton, 16, Aldgate Avenue, E.C.
Mrs. England, 440, Edgware Road, W.
Ethel Eugenie, 12, Blomfield Road, Shepherd's Bush, W.
Mrs. Goddard, 28, Turneville Road, West Kensington.
Miss Gook, 21, Hollywood Road, Fulham Road, South Kensington.
Mrs. Hatsell, 15, Fitzroy Road, Primrose Hill, N.W.
Madame Léonie, 48, Lancaster Road, North Kensington, W.
Madam Lili, 52, Stamford Hill.
Madeleine, 30, Robert Street, Hampstead Road, N.W.
Miss Martin, 2, Wellington Square, Chelsea, S.W.
Miss Mayhew, 109, Highgate Road, N.W.
Misses Ramage, 97, Lavender Hill, S.W.
Miss Ratcliffe, 20, St. Luke's Road, Bayswater, W.
Madame Roebuck, 98a, Holland Park Avenue, W.
Miss E. Scott, Kelvedon, 39, High Street, Highgate.
Miss Amy Sutch, 4, New Quebec Street, Portman Square.
Miss Tarran, 13, Clifton Terrace, Finsbury Park, N.
Miss Tidey, 66, Englefield Road, Southgate Road, London, N.
Miss R. Voysey, 8, Davis Road, Acton Vale, London, W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Madam White, 638, Fulham Road, S.W.
C. Wild, 6, Frederick Crescent, North Brixton.
E. M. Woolner, 46, Elthorne Avenue, Hanwell, W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.
F. E. Young, 48, Earlsfield Road, Wandsworth Common, S.W.
Miss Young (from Russell & Allen), The Laurels, Bletchingley, Redhill.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. J. Etherton, 137, Northcote Road, Clapham Junction.
Madame Ilene, Abbott's Court, Kensington Square, W.
Madame White, 638, Fulham Road, London, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square.

LADIES' SHIRTS—

Edward M. Deighton, 16, Aldgate Avenue, London, E.C.
Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Pettey, 29, Alberta Street, Kennington Park Road, S.E.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.

FURS RENOVATED—

Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. Annie Roadknight, 43, Blatchington Road, Hove, Sussex.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

All Coupons must be received by the 1st of each month preceding date of issue.

SHOPPING BY POST.

IN our "Fashion Notes for the Month" attention is drawn to the great number of tartans made up for smart people. Very beautiful tartans for plain or pleated skirts can be had from Best's Dress Goods Co., Bradford (who pay cost of carriage both ways), at the very moderate price of 2s. 6d. the yard (42 inches). In writing for these patterns ladies should ask for a box of the autumn novelties, including the splendid B.B. tweeds. The grey diagonal and herringbone tweeds are superb, guaranteed thoroughly shrunk. A beauty can be had at 3s. 6d., 46 inches wide. The beautiful range of "foliage" shade tweeds are to be noted, showing in their mixture a variety of the russet and greenish hues to be noted in autumn foliage. Those with indistinct chequers are peculiarly happy in their "foliage" colouring. They are first-class wool, thoroughly shrunk, and can be confidently recommended for autumn tailor-mades as well as for the shooting and walking costumes now being despatched in hundreds to Highland castles and shooting boxes. Another range to note is the dark red, prune, and wine shades, to be had in rich-looking face-cloths.

A marvellous material for the price is the handsome dress or jacket cloth, the Josephine Costume Coating, 50 inches wide, and only 2s. 6d. the yard. The prune, green, and brown shades are admirable. The "Park" shepherd's plaids are very smart (only 3s. 11d., 56 inches). Coarse white "house flannels" for smart tailor gowns are from 2s. 2d. the yard (51 inches). People who know a good serge when they see it will be delighted with the B.B. fine or coarse navy and black serges. The heavy Jedburgh cheviot serges (navy) are very smart, from 2s. 6d. the yard.

In softer, finer fabrics, the B.B. fabrics are equally successful. I need only enumerate the lovely black woollen Armures (2s. 6d.), the "chiffon" Amazon cloths (3s. 11d.), beautiful pure Mohair Sicilians (3s. 6d., 47 inches), the fine "Shaftesbury" chiffon foulés (only 2s. 11d.), the dainty all-wool taffetas (2s. 2d.), exquisite cashmeres. A charming fabric is the embroidered chiffon vicuna (only 1s. 11d.). An effective example of this last cloth is a deep green with small red embroidered spots. The fancy black fabrics are most handsome, and there is a fine range of silk-stripe voiles for black bridge and evening gowns (3s. 4d.). It is quite a treat to look through these patterns. Ladies should write off at once for patterns, as the more attractive fabrics soon get sold out. The examination of the patterns will cost nothing, as Best's Dress Goods Co. pay carriage both ways for customers mentioning this paper.

EMBROIDERED BLOUSES AND UNDERWEAR.

The rage for embroidered underclothing and blouses is, if anything, greater than ever. The finer flannels used for them lend themselves admirably to embroidery, and for the work there is nothing better than Peri Lusta Embroidery Thread, which looks (and washes) as well as good silk, in equally beautiful and numerous shades, and costs considerably less—no more than ordinary cotton. To get an idea of what can be done with Peri Lusta, those who have not seen it should send off at once for the "Peri Lusta Handbook," price 6d.; all Berlin wool shops and fancy drapers keep it, but it will be sent from "Peri Lusta," 19, Ludgate Hill, E.C., on receipt of 7d. stamps if any difficulty is found in getting it in country places. The book is beautifully illustrated.

SUPERFLUOUS HAIR.

Even on the male lip and chin a *sparse* moustache and beard are always unsightly. If it is ugly on a face which ought to be bearded, how much more objectionable are they on the female visage, which should boast a smooth and satin skin, free from blemish? Superfluous hairs on the lip—as on the arms—is objected to by all women who are unfortunate enough to have such disfiguring growths. The usual paste and ointment depilatories as a rule only remove the hair temporarily; but the "Tensfeldt Electrolysis" Treatment eradicates the hair bulbs and prevents a future growth. To get an idea of this safe and successful treatment, ladies should send for the book "The Face Perfect," to Madam P. Tensfeldt, 33, Shandwick Place, Edinburgh.

No. 6425.—Tea Gown of Black Oriental Satin.

For Description see Pages 30 to 34.

Price of Paper Pattern, 1s. 0½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

AUTUMN SILKS AND WOOLLEN MATERIAS.

The first consignment of Autumn materials is now to be had at Messrs. Samuel Lewis's, the Holborn Silk Market, Holborn Cars, E.C., who always manage to combine up-to-date style with a marked lowness of price. Messrs. Samuel Lewis have all the the smart new tartan fabrics in both wools and silks, from the low prices of 1s. 4¾d. and 1s. 7¾d. the yard. They have the genuine tartans, so much made up just now for Highland wear and tailor costumes, besides the fancy plaidings and chequers which are a feature of the Autumn styles. These chequered fabrics look their best trimmed with velvet (plain velvet of the prevailing tint of the plaid), and such velvets Messrs. Samuel Lewis have at astonishing prices, in rich Autumn shades. The plaided blouse silks are charming. These look very well with a plain cloth coat-and-skirt—the smartest thing for Autumn wear—only matched by the plaid tailor gown—elegant skirt and pélerine on the cross—worn with a plain velvet blouse. Ladies should write at once for patterns, as the earlier applicants secure the favourite fabrics, which are rapidly sold out. Most enticing, for instance, are the Hopsack suitings, in warm rich winter colours, at 2s. 3½d. The Marquise Sedan cloths at 3s. 6½d. are superb in surface and shades. An all-wool tartan of rich and attractive appearance costs only 1s. 11½d.—it looks as if it had cost double the money. There is sure to be a big run also on the smart check tweeds at 1s. 11½d.—substantial, handsome-looking fabrics in sober colourings faintly crossed with chequering lines of a brighter shade—leaf-green, for instance, on grey or dark blue. The shrunk suitings—looking like handsome tweeds—at 1s. 7¾d. are marvellous for the money. But it is advisable to see these fabrics at once, so that a box of patterns should be secured without loss of time. Not only the heavier autumn and winter fabrics will be enclosed, but patterns of beautiful fine cloths, of rich-looking black œoliennes, of charming wool taffetas, &c., will be included.

HOW TO CLEAN CLOTHES.

Large families, where there are several grown up daughters, very often at their wits' end to get their blouses, evening frocks, &c., cleaned so that they are once more wearable, will welcome with joy the Patent Vacuum Cleanall. This is a wonderful little machine, quite simple really, although so efficacious, which cleans garments most thoroughly, equal to new, without any danger of shrinking them. For most articles Petrol Benzoline (which can be used over and over again) is pressed by a simple contrivance through the fabric to be cleaned, removing all dirt and stains in its passage. Full instructions accompany the little machine, but ladies interested in the process, and who wish to save their usually large cleaners' bills, should send off for a descriptive pamphlet (it will be sent post free) to the Vacuum Syndicate, 31, Brewer Street, Regent Street, London, W.

Beckenham, Kent.—"I have been a subscriber for seventeen years and think that your fashions are the best."—K. N.

AN INVALUABLE TOILET POWDER.

During the tropical weather at the fag end of August and the early days of September what should we have done without our Poudre de Santé? All Frenchwomen favour Poudre de Santé, but for those Englishwomen who have not yet made its acquaintance, even during the heat, it is well to know that it is an Antiseptic Toilet Powder, a special boon to those who perspire profusely, as it absorbs the moisture and acts as a powerful deodoriser. It need not be used extravagantly. A single application after the morning ablutions will give immunity for the whole day. So that a box lasts a very long time. The price of a large box is 7s. 6d., but the Poudre de Santé Co. (Bassishaw House, Basinghall Street, London, E.C.) will make a large reduction in price to all first orders from readers of Myra's Journal, so that ladies who intend to avail themselves of this excellent toilet powder for the first time must state that they number themselvs amongst our readers. Women who are despairing at the profuse moisture exhaled by their perspiratory glands will now find a marked improvement if they use the Poudre de Santé daily. A little dusted into the feet of the stockings will have a wonderful effect on that unpleasant affliction—perspiring feet—which makes the lives of many young people a real burden to them. A very valuable little pamphlet on the matter will be sent post free on application.

A NOURISHING FOOD.

It is undeniable that the torrid heat of late August, following on an exceptionally fine and warm summer, has tried people not a little. The English constitution, even of the sturdiest, does not flourish under conditions of exceptional heat. As a consequence there is now a serious prevalence of acute indigestion among adults, and dangerous dysentery among the children. As the winter is not so very far off, this is a specially serious matter, because weakened constitutions do not resist the cold with anything like success, and we are promised a real cold winter at last. Diet therefore—the best cure for digestive troubles—is of the utmost importance just now. People who complain that they cannot keep their food down, or that everything they take disagrees with them, should try Plasmon, which is a complete food. Plasmon, in fact, is a concentrated form of the entire nourishment contained in pure fresh milk—a soluble, tasteless powder, which can be added to any food, to promote digestion and add nutriment. With the aid of a little hot water Plasmon becomes the basis of nourishing soups, breakfast foods, or dainty and wholesome sweet dishes. One pound of Plasmon is equal to thirty pints of milk. Plasmon Oats make a porridge which is free from the overheating properties of that nourishing bone-forming food which made the Highlanders a stalwart race. Plasmon Cocoa, Plasmon Blanc-Mange, Plasmon Custard, are made in a few seconds, and they will feed and nourish when heavier foods cannot be assimilated. A trial sample will be sent free if a stamp be sent (for postage) to Box 25, Plasmon House, Farringdon Street, E.C. Women worn by long hours in a hot workroom should make a point of trying Plasmon; they will find it the cheapest, most revivifying diet obtainable.

A REFRESHING BATH.

During the recent heat wave, the daily cold sponge enabled those who have adopted the practise to make better head-way against the enervating effect of the temperature. The freshening, invigorating effects of the cold sponge people found to be greatly augmented by the addition of a little Nylon, a liquid of high antiseptic value, which has a stimulating effect on the whole system through the pores of the skin. Nylon is very cleansing to the pores, removing dust and impurities which soap and water alone are apt to drive in, instead of flushing out. Nylon revivifies, counteracting a tendency to brittleness in the nails, to falling hair, sure signs of extreme debility. It is quite harmless, and can be used even in the infant's daily tub. Sufferers from sleeplessness will find Nylon in their daily bath soothing and restful. Nylon is sold in large bottles (1s. each) by all chemists, grocers, stores, &c., and is manufactured by the Nylon Company, Store Street, London, W.C.

PRACTICAL DRESSMAKING FOR HOME WORKERS.

(Continued from page 29.)

A ONE-PIECE EVENING WRAP.

(For Illustration, see No. 6419, page 29.)

This elegant and simple model belongs to the same category as the "handkerchief" dressing jacket, which was dealt with last month. Wide cloth—54 to 60 inches wide—is chosen. The width of the cloth supplies the entire width of the mantle, the material being tucked on the shoulder to lift the fabric enough for the arms to be fairly free. The larger and more numerous the tucks, the shorter the sides. If longer sides are desired, the pleats or tucks must be fewer or less deep.

The pattern is in two pieces: half the wrap, half the stole collar. The diagram shows the wrap pattern laid on 2½ yards of 56-inch cloth, which is folded in half (selvedges meeting), the back centre of pattern laid along the fold. There are no seams and no lining, and the cloak is raw edge except up the fronts and round the neck, where it is finished with the stole collar. This collar is of silk—broché silk by preference—or embroidered white satin. The collar cuts into a great deal of material, especially if without seam at the back. If seamed, 1½ yards of silk must be allowed. The best and cheapest way is to make the collar of lace, shaped to the pattern, on thin white silk (which covers a piece of muslin), as the 21-inch silk can be seamed and ¾ yard be made to do. The tucks of the shoulder are wheelmarked on pattern. The wrap closes with hooks and eyes, the tails of which are inserted between the turned cloth edge and the lined stole.

For lovely white and pastel cloths for this wrap, send to Best's Dress Goods Co., Bradford, who will pay cost of carriage both ways.

DESCRIPTIONS OF ILLUSTRATIONS.

(Continued from Page 34.)

Tailor Gown of Chequered Tweed.

No. 6413, **Page 26.** Two-piece umbrella skirt, front or cross, arranged in pleats (wheelmarked on pattern) stitched down for a few inches. The little coat has a strap front and back, binding the top of the pleats of basque, which is cut with front centres. Revers collar faced with velvet. Coat closes with button-holes and buttons in the white stiff waistcoat. Big sleeve on smaller lining, tucked to fit the velvet-faced cuff (tucks wheelmarked on pattern). Very smart sleeve model. Line coat with silk. 52-inch tweed, 7½ yards. For patterns send to Messrs. Samuel Lewis's, Holborn Bars, E.C.

A Smart Coat and Skirt.

No. 6414, **Page 27.** Five-gore skirt, side cut with lower pleats (pleats wheelmarked), tablier cut with the strap which buttons over the pleats. Tablier has lapped seam (lap given in pattern). Elegant coat to match—pattern gives double-breasted front centre (cut with strap), front side (cut with pleats across which the strap buttons), two side pieces, half the back, half the revers collar, the sleeve. Face the collar with velvet and edge the sleeve with a velvet frill. Line with silk. Metal buttons. 52-inch tweed, 7 yards.

Velvet-Trimmed Serge Gown.

No. 6415, **Page 27.** Two-piece umbrella skirt, lined with silk and moirette, decorated with velvet buttons. Eton coat—a back and two fronts, with double-breasted front centres edged with velvet. Velvet buttons. White cloth waistcoat laced with velvet ribbon. Velvet belt. One-piece sleeve on a smaller lining, with smart cuff edged with velvet and trimmed with velvet buttons. 52-inch serge, 6 yards.

A Pretty Coat and Skirt.

No. 6416, **Page 27.** 5-gore plain skirt, lined. Elegant little coat—a tucked back, two tucked fronts (tucks wheelmarked), two front centres (cut with basque), an added belt at sides and back. Tucks are wheelmarked, and lap of front seam is given. Waistcoat fronts of velvet edged with silk braid. Revers collar faced with braid-edged velvet. One-piece sleeve with braid-edged velvet cuff. 52-inch material—cloth, serge, or tweed—7 yards. Lower sleeve made up of satin folds. Satin frill.

Pleated Skirt with Original Yoke.

No. 6421, **Page 32.** A tablier, two pleated sides, two pleated backs (pleats wheelmarked on pattern), backs and sides arranged into a two-piece yoke cut in one with the straps which simulate box-pleats edging the tablier. Yoke is lapped on front, sides, and backs (lap is given in pattern). The lower edge is hemmed and stitched. Wear over a foundation skirt. 52-inch tweed, serge, or cloth, 5 yards.

A Pleated Umbrella Skirt.

No. 6422, **Page 32.** Two-piece skirt, each circular side arranged into inverted box-pleats, stitched down for a few inches. Pattern in one piece (half the skirt). Wear over a foundation skirt. Double-width cloth, &c., 5 yards.

A Pleated Three-Gore Skirt.

No. 6423, **Page 32.** Two circular sides, the front edges developing into a pleat where they join the pleated tablier. A strap is buttoned over the tablier pleat. Pleats are wheelmarked on pattern. The back is plain. 52-inch tweed, 4½ yards.

Pleated Gown Trimmed with Shaped Flounces.

No. 6424, **Page 38.** Five-gore skirt, arranged in inverted box-pleats; pleats (wheelmarked on pattern) are stitched down for a few inches. Trim with two shaped frills (pattern of lowest is given, the other cut being upon it). Smart pleated bolero—a back and two fronts, pleats wheelmarked on pattern. Two shaped frills trim the edge. Shaped frills are hemmed but are unlined. Line coat with silk, cut on coat pattern after pleating. One-piece collar strapped at edge. One-piece elbow sleeve on a smaller lining, finished with a strapped cuff. 48-inch material, 8 yards.

Tea-Gown of Black Oriental Satin.

No. 6425, **Page 43.** Loose Princess gown—two fronts, two backs, two sides, edged with a cross-cut frill. A sash of leaf-green satin ribbon holds dress loosely at the waist. Big puff sleeve on a smaller lining. Elegant fichu of lace and chiffon; lace vest and lace sleeve frills. Double width satin, 9 yards. For patterns send to the Holborn Silk Market, Holborn Bars, E.C.

Blotches.

Eczema and blotches are caused by soaps, but not by VINOLIA SOAP.

VINOLIA SOAP improves the complexion, keeps the hands white, the skin clear.

VINOLIA CREAM relieves insect bites, sunburn, and eczema in a few seconds.

VINOLIA POWDER (scented with otto) prevents and relieves redness and roughness.

HEALTH AND PERSONAL ATTENTION.—See Myra's Answers in "Myra's Journal."

Extract from POSTAL TOILET LIST.

[New and greatly enlarged edition, with chapters on the care of the hair and complexion, &c., and many new preparations, will be sent by return of post, on receipt of stamped address.] Also illustrated pamphlet on Face Massage and the Care of the Complexion, and Mr. Mason's New Book on the Hair, may be had gratis.

PHILIP H. MASON, Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post at the prices marked, secure from observation, and carefully packed on receipt of P.O.

DEPOTS ABROAD.—India: The Agra Stores, Ltd., Agra. South Africa: Mr. Y. H. Carman, Mill St., Cape Town. New Zealand: Messrs. Walker and Co., Christchurch. From these Agents any of the Toilet Preparations may be obtained.

THE GARRISON HAIR DYE.—An absolutely harmless hair dye in one solution. Easy in application, rapid, cleanly, and almost infallibly certain in effect. This is the Hair Dye *par excellence* for those who prefer a dye in one solution. Black or Brown, 3s. 6d. per case.

EMULSINE OF CUCUMBERS.—Dr. Anna Kingsford's Formula, Thin, 3s. 6d. and 10s. 6d.; Thick, 3s. 6d. and 10s. 6d. These Emulsines resemble the Crême Froide in their general properties, but are prepared for those who prefer an emulsion to a cream. The thick Emulsine is especially intended for the prevention of wrinkles, and is also highly recommended for winter use, while the thin Emulsine is adapted for whitening the complexion, and for summer use.

"Against the crowsfeet use Mason's Thick Emulsine. With respect to wrinkles, I have said again and again that nothing removes them so satisfactorily as the thick Emulsine. For flushing of the face and dryness of the skin use Mason's Thin Emulsine of Cucumbers. 'Cool as a cucumber' is, as you know, a comparison that has become a proverb, and with good reason. Mr. Mason has prepared two excellent emulsions of cucumber, thick and thin, which I have not seen equalled. To these he has now added a Crême Froide aux Concombres. As the responsibility for these formulas rests, in a large measure, with myself, you may feel sure I should not recommend them unless I had complete confidence in their excellence."—Anna Kingsford, M.D.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves, containing the newly-discovered alkaloid Pilocarpine. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d., 10s. 6d.

PETROLATE OF SULPHUR.—For promoting the growth of the Hair, and for preventing greyness. A new compound, which not only promotes the growth of the Hair, but also largely increases the formation of its colouring pigment. Its use has the effect of nourishing the Hair and increasing its growth, and also of improving its colour, preventing the increase of greyness, and removing that already existing. Price 2s. 6d.

The effect of this, used in combination with the Jaborandi Tonic, has recently been found *most remarkably successful*. A lady writes, "To arrest the greyness I applied the Petrolate of Sulphur regularly every night, rubbing it well into roots of hair, while in the morning I applied the Jaborandi Hair Tonic with a soft tooth-brush. I am most pleased to tell you that after one month of this treatment, all the greyness has gone, completely."

BLOOM OF STEPHANOTIS.—An exquisite creamy white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful "flushing" of the face, brownness of the neck and arms, undue redness of the face and hands, are obviated by one application. For personal appearance at Court, the Ball, or Concert it is indispensable: it represses the unpleasantness of sensible perspiration and its disagreeable accompaniments. Travellers and residents in warm climates will find it invaluable. It so entirely prevents the discolouring action of the sun on the skin that freckles are almost unknown to those who use it. In polished apple wood case, with toilet puff, 3s. 6d.

"For my own part, I am in the habit of recommending Mr. Mason's Stephanotis Face Powder, because I trust him, and know that he is moderate in his charges and honest in quality."—Anna Kingsford, M.D.

DEPILATORY (Powder).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it from attaining a visible growth. The above preparation will do this without injury to the skin. With directions, 2s. per bottle. "Mr. Mason's Depilatory is at once the cheapest and best I know of."—Anna Kingsford, M.D.

CREAM OF STEPHANOTIS.—An exquisite creamy white skin and complexion cosmetic; imparts youthful softness and delicacy, with a beautiful natural whiteness to the skin. Composed of perfectly innocent ingredients, this Cream has a most beneficial action upon the skin. It obviates in one application brownness of the neck and arms, or undue redness of the face and hands. For personal appearance at Court, at Balls, or other crowded assemblies, it is indispensable, especially as it represses the unpleasantness of perspiration and its accompaniments. In warm climates it will be found invaluable. Also to prevent the appearance of that unpleasant redness or flushing of the face, which is so common annoyance. So completely does it prevent the discolouring action of the sun on the skin that freckles are rarely, if ever, known to those who use it. It subdues the redness of the features caused by exertion, cooling the skin in a most delightful manner. 3s. 6d. per case.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. Its use also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d.

FOR OTHER HAIR DYES AND COLOUR RESTORERS SEE THE ENTIRE LIST.

Correspondence.

RULES.

1. To be answered in the next number, letters must reach us not later than the 25th of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

YARMOUTH.—Black silk is a material much affected by Americans this autumn for travelling on the Continent. It is a capital idea, though a daring—and seemingly expensive—one. The silk is dust-resisting; it is cool and light, yet protective; and it looks very smart if one has only a travelling dress to hand—quite fit for calls and theatrical performances (such as those at Bayreuth). Numbers of Americans wore these gowns at the Wagner performances at Bayreuth this year, and they were used also for the long railway jonrneys from the coast. A favourite form has a pleated skirt (not trained, of course), a smart bolero or short empire coat, or a dainty basque coat (of the type of Nos. 6413 or 6416), which could *close* in front, and, under the coat a smart muslin blouse. A beautifully dressed American whom I encountered at Bayreuth in August assured me that the elegant black silk tailor gown she was wearing was her *only* travelling gown, but that she had with her several smart white muslin blouses to wear with it. The silk should be a firm *one* (not of the soft æsthetic type).

CARRIE.—1. Large tartans are very fashionable. Yours is the "Hunting Stuart" tartan. It will make up admirably as the Free coat and skirt. If you like to wait till next month, we are giving the paper patterns for a superb plaid gown. 2. With plaid skirt the coat of plain cloth to match looks well. A smart alternative is the pélerine of the plaid over a velvet blouse of the chief shade in the tartan.

JOCK.—1. Velvet hats for little girls are very smart. Copy the hat of fig. No. 6396 in the same velvet as that of the coat. 2. For the velveteen dress, see No. 6394. 3. Empire coats are fashionable for children and ladies. For your little girl, see No. 6395. An adult coat of the type is dealt with in the "Home Dressmaking" designs (for the illustration, see p. 30).

Owing to pressure of space many answers are crowded out, and have been sent by post.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

For other answers on this subject, see page 38.

NEEDLEWORK (Mrs. C.)—I have put you on my Register.

DRESSMAKING (Madame L.).—Certainly, I will put you on my Register, and I well remember your writing to me before—from Portsmouth, I think. Your charges are reasonable, but I do not know that I should describe them as "very moderate." However, you assure me that your work is of the best, and of course one must pay for that. I will do all I can for you in the way of recommendation.

DRESSMAKER AT TONBRIDGE (Mrs. H.).—I am so pleased to hear that you have done so well, and I trust your business may go on increasing. It certainly should do so. If anyone enquires in your neighbourhood I will give your name, and as you can make so well from a copy you should be able to get work from London as well.

NEEDLEWORK (A. P.).—I am glad to hear my correspondent has given you a good order, and has some further work for you, and also that the skirt you sent abroad arrived after all. With regard to the lost letter you should both make a claim to the Post Office; possibly it might be recovered, or at any rate traced. I doubt your being able to get the work you mention. The people who have it to give away usually have many applicants for it. What I meant about distance was—so many people, when writing to me for dressmakers, &c., stipulate that they shall be in or near London, and in such a case it is no use my giving an address in Wales. But I recommend you when I can.

DRESSMAKER (L. H.).—I gather from your letter that you want daily work as a dressmaker. Are you a good all-round worker, as this is essential for the visiting dressmaker? I can give you the address of a lady who wanted a partner, but I am not sure from what you say if you have sufficient knowledge, as all you mention is that you were an assistant. For private replies please read the rules. Write again and give me fuller details.

ELEMENTARY TEACHING (E. B.).—The cost of training, &c., I explained in my article. If you want to be a pupil teacher you must pass one of the examinations recognised by the Board of Education as qualifying for pupil teachership; you must be less than 16. The length of engagement of a pupil teacher is normally two years. Pupil teachers must receive instruction either in a pupil teacher centre or a pupil teacher class attached to either a secondary or higher elementary school. At the end of the time pupil teachers may either become students in training colleges or certificated teachers. Particulars as to training colleges you read in my article on the subject. Of course it is advisable to go to a training college. There is one at Brighton, which is the nearest place to you. The exact cost is hard to state, but in any case it is small, as in the residential colleges pupils live in and have all found, and there are various grants of money to students. It is work I strongly recommend, as it guarantees certainty of employment and a pension. Write again if I can help you further.

DRESSMAKER (Miss A.).—You have been on my register for some time, and it would have been better if you had sent me your notice for re-insertion. At any rate I will do all I can for you.

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Mrs. Hope will, in case of urgency, answer letters by post if six stamps and a stamped addressed envelope is enclosed for a reply. Otherwise the reply will appear in these columns.

A COOKERY BOOK.—There is a delightful little book, "Food in Relation to Health," by Mrs. C. W. Earle and Mrs. Hugh Bryan, price 2½d., post free (2d. on bookstalls), which gives you just the recipes you need, and all are without meat. There is a specially interesting chapter on "Food for Old Age," which will help you very much in nursing your old invalid. Write to Messrs. Simpkin, Marshall and Co., Ltd,, for a copy, and name MYRA.—RHODA.

SECONDS FLOUR.—By "seconds' flour is meant that which contains all the nourishment of the wheat. It is stone ground, so that the germ is not *rolled* and lost, as when the wheat is rolled ground. I am glad to be able to tell you where to get it—at 3s. 6d. per 28lbs. Write to Messrs. Hipwell and Sons, Stoke Flour Mills, Sharnbrook, Bedfordshire. I am sorry you have had to wait—but "next month" is really *always* impossible. I am always ready to reply by return of post if a stamped and addressed envelope, and 6d. in stamps is enclosed.—KAMSCHATKA.

RUM BUTTER.—It is quite easy to make, and is really only a variant of brandy butter. For a small quantity take ¼lb of butter, beat it to a cream. Work into it 2oz of icing sugar and 1 tablespoonful of rum. Work it to a stiff cream. If possible keep it on ice till wanted. It should be served quite firm, and piled up on a dish paper, on a small glass or silver dish. About half a teaspoonful of essence of vanilla is a great improvement.—HEDGEHOG.

SAGE AND ONIONS SAUCE.—The sage and onion sauce which you want for roast pork is made thus: Peel and cut up as many onions as you wish and fry them in a stew pan with 2oz of butter or clarified fat for 12 to 20 minutes. Then season with salt and coralline pepper according to your own taste. Add a tablespoonful of fine powdered sage, 2oz of white breadcrumbs, and ¾ of a pint of good brown gravy or stock. Boil the whole together for 15 minutes. Do not neglect to fry the onion first, for upon this depends in a great measure the flavour of the sauce.—PUMPKIN PIE.

FISH AND GAME IN SEASON.—No, I don't mind answering "very simple questions." Partridges are not in season until the 1st September. Pheasants commence October 1st. Grouse began on August 12th, and will be in season till December 18th. Ptarmigan began on August 20th, and will go on till December 20th. Pheasants may be had fresh up to February 15th, but people who have good cold storage have kept them up till even a late Easter. I hope this answers all your queries, and pray do not scruple to ask me as many more as you wish.—IGNORAMUS.

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
OCTOBER, 1906.

DRESS AND HAIRDRESSING.
OCTOBER, 1906.

HEALTH AND BEAUTY.
OCTOBER, 1906.

ETIQUETTE.
OCTOBER, 1906.

COOKERY & HOUSE. MANAGEMENT.
OCTOBER, 1906.

"Have used your Fichu Pattern this week, and find it A1."—J. D.

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They are also sold in assorted packets of fifteen, at 1s. 6d., post free.

An Important Series of HANDBOOKS, plentifully illustrated, dealing with all kinds of PLAIN AND FANCY NEEDLEWORK, for Amateur or Professional workers.

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No. 2, WOOL CROCHET WORK (Part I.).—Contains 45 Illustrations. Full descriptions for making more than 20 useful articles for Ladies', Children's, and Gentlemen's wear. The descriptions are carefully prepared, and are thoroughly reliable.

No. 3, DRAWN WORK (Part I.).—23 Examples of this pretty and effective needlework, with full descriptions for beginners. This work is executed on Linen, Art Linen, and Canvas.

No. 4, PLAIN NEEDLEWORK.—48 Illustrations. How to use a Needle, Stitches, Seams, Patching, Bands, Run and Fell Seams, Gussets, Tucks, Gatherings, Button Hole Hemming, &c.

No. 5, SMOCKING (Part I.).—Contains 28 Illustrations of this very pretty and useful form of needlework, which is invaluable in working children's clothes, ladies' blouses, shirts, &c., in various silks and cottons.

No. 6, COTTON KNITTING.—29 Illustrations. How to knit Shamrock, Palm Leaf, Cockle Shell, Seed Point and Diamond, Maltese, Cingalese, and Heart Lace, Greek Insertion, Pomegranate Border, &c. Also complete designs for Lace Collars, D'Oyleys, &c.

No. 7, ORIENTAL EMBROIDERIES.—This handbook has been prepared by an expert, and contains very beautiful and original designs in Egyptian, Algerian, Bulgarian, and Hungarian Embroidery. 59 Illustrations.

No. 8, STOCKING KNITTING (Part I.).—22 Illustrations. Is an exceedingly practical and instructive pamphlet showing how to knit the different styles of toe and heel, ladies' stockings, gentlemen's socks, and children's night socks.

No. 9, MACRAME LACE.—Contains 27 Illustrations of this most ancient of crafts. Many novel and pleasing designs are given, and the working is carefully described and clearly illustrated.

No. 10, COTTON CROCHET.—An excellent guide to the making of Lace D'Oyleys, Borders, Edgings, and Greek Insertion. 21 Illustrated Designs.

No. 12, CANVAS WORK.—Illustrated by 32 engravings. Contains many beautiful designs that can be applied to a variety of purposes.

No. 13, STOCKING KNITTING (Part II.).—Deals exhaustively with gentlemen's cycling stockings with ornamental tops, ladies' decorated stockings, clox, openwork fronts, &c. 12 Illustrations.

No. 14, SIMPLE EMBROIDERIES.—Contains 29 Illustrations of simple but effective embroideries worked on such ordinary and easily-obtained materials as cretonne, huckaback, glass cloth, &c.

No. 15, WOOL CROCHET WORK (Part II.).—14 Illustrations. Very pretty designs for working Shawls, Sofa Rugs, Ladies' Vests, Tam-o'-Shanters, Infants' Jackets and Shoes.

No. 16, FILET GUIPURE LACE.—Contains some very beautiful designs. The working is simply described, and the merest novice could not fail to understand the very careful designs and sketches (27 in number) which accompany the letterpress.

No. 17, CROCHET LACE.—20 Illustrations of Link Pattern, Maltese, Diamond, Fan and Braid Lace. The descriptions are carefully written, and some very handsome designs are given.

No. 18, LACE BRAID WORK.—Illustrated by 32 engravings. Describes the working of Picotina, Honiton Lace, Pompadour, and other Embroideries suitable for Tea and Sideboard Cloths, Duchesse Table Covers, Sachets.

No. 19, WOOL KNITTING.—How to knit Babies' Boots, Gaiters, Socks, and Bonnets, Shawls, Underskirts, &c. 20 Illustrations.

No. 20, RIBBON and OTHER EMBROIDERIES.—Contains a variety of designs for Tea-cloths, Table Centres, Tea Cosies, Nightdress Cosies, Cushion Covers, &c. 27 Illustrations.

No. 21, SMOCKING (Part II.).—Illustrated by 29 engravings. Contains some very pretty, effective, and useful designs for all classes of material.

No. 22, DRESSMAKING (Part I.—The Bodice).—Treats of the Choice of Materials, Self-Measurement: Cutting, Fitting, Pressing and Boning Bodices. Illustrated by nearly 80 diagrams.

No. 23, EMBROIDERY STITCHES.—This handbook tells the worker what materials will look best, and what stitches are most suitable. It contains 108 illustrations, which are so clear that the merest tyro cannot fail to understand them.

No. 24, DRAWN WORK (Part II.).—Contains 40 Illustrations of Faggot Stitch, Herring Bone, Clusters, Fringes, Wheels, Point de Reprise, &c., &c.

No. 25, STOCKING KNITTING (Part III.).—Contains many pretty fancy Stockings and Socks for Ladies and Children; also Socks for our Soldiers, and for charitable purposes.

No. 26, WOOLLEN COMFORTS FOR SOLDIERS AND SAILORS (well shaped, quickly made); Balaklava Helmets, Cholera Belts, Tam-o'-Shanters, Socks, Guernseys, Cardigan Jackets, &c.

No. 27, WOOL CROCHET WORK (Part III.).—A very interesting number for home use. It contains illustrated directions for making Doll's Petticoats, Combinations, Drawers, Stockings, Cape, Hat, Shoes and Outdoor Costume, Petticoat for a Girl, Ladies' Slippers, Knickers, Shawls, Knee Cap, Gentleman's Waistcoat, &c., &c. 13 illustrations.

No. 28, SMOCKING (Part III.).—Contains an entirely new set of designs for the Ornamentation of Dresses, Blouses, and Children's Frocks, Pinafores, and Cloaks. Is illustrated by 30 engravings.

No. 29, KNITTED WOOLLEN GARMENTS FOR INFANTS This work is entirely devoted to Children's Knitted Woollen Clothing. Every design has been carefully worked out from the actual garments, and is fully described and illustrated. The contents comprise Infant's Vest, Jacket, Hood, Boots, Vest with Sleeve, and Overall. 13 illustrations.

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